

Big Sugar to bring big sound to Conestoga

By Hunter Malcolm

Settling back into the routine of classes is never easy after a summer of sun and fun but for Conestoga students the transition will be a little sweeter with a visit by one of Canada's hottest college circuit bands.

Big Sugar will be rocking in the Kenneth E. Hunter recreation centre on Sept. 10 and, based on their reputation for high-octane live performances, it should be a killer show.

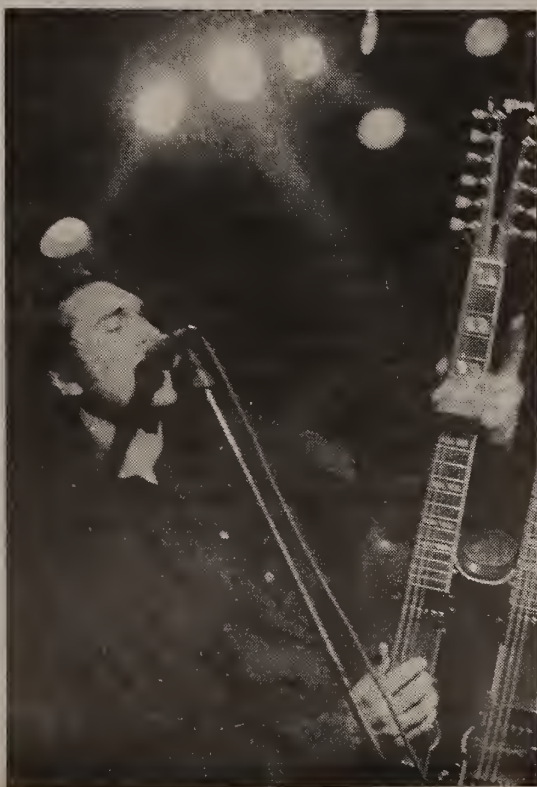
Big Sugar entered the music scene in 1992 with a self-titled album, followed by three others that have been promoted by over 4,000 concerts.

That sort of diligence towards the presentation of their music has endeared them to their legions of fans and established their nationwide critical acclaim.

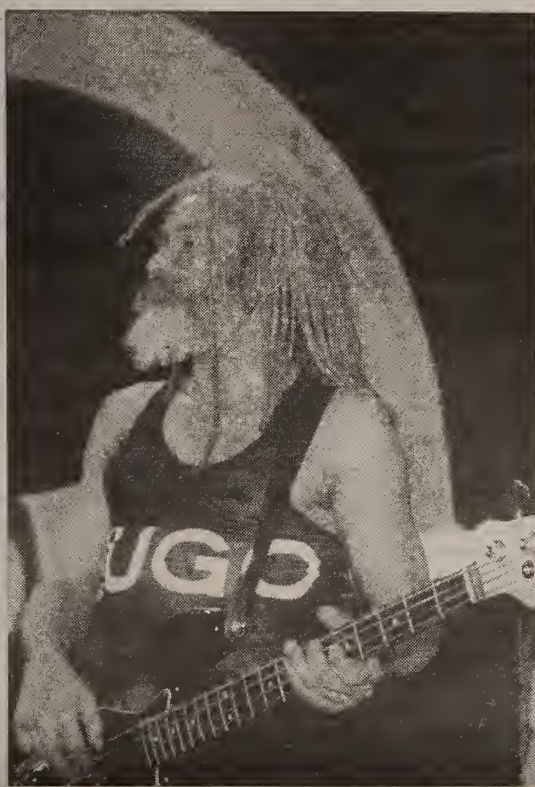
Perhaps one of the loudest playing bands currently touring, the decibel level does not distract from the talent and original form of the group.

The four determinedly different members which make up Big Sugar contribute in no small part to the band's multi-textured sound.

Frontman Gordie Johnson, who provides the voice and guitars,



Gord Johnson, singer-guitarist for Big Sugar.



Gary Lowe of Big Sugar. (Photos by Hunter Malcolm)

originally hooked up with Kelly Hoppe (saxophone, harmonica, melodica) to form a blues band.

Bassist Gary Lowe, who was born in Kingston, Jamaica, soon joined, contributing his deep

reggae heritage to Big Sugar's mix. Rounding out the band's rhythm section is drummer Paul Brennan, formerly of the Odds.

Big Sugar's current album, Hemi-Vision, recorded in Toronto

at Presence and Phase One studios, was released in early 1996, and continues to command substantial air-play on FM radio frequencies across Canada.

Singles such as Diggin' A Hole

and If I Had My Way have become signature songs at their no holds barred shows, just as much as their hard-grinding cover of Traffic's Dear Mr. Fantasy, a token highlight of all their concerts.

Even with enough high-powered energy to fill stadiums with their searing riffs, the band has traditionally preferred to play in smaller venues, sticking to bars and school campus auditoriums.

The band's representative from A & M/Island/Motown Records, Elana Rabinovitch, said Big Sugar prefers the more intimate locations to the impersonal arenas.

"I think the band feels they can make a bigger impression on the audience when they can see the whites of their eyes," Rabinovitch said.

Rabinovitch said the Kitchener-Waterloo area has always been a favorite stop for the band because of the popularity of them here.

"They'll give their shows there a little extra kick for the fans who keep coming out to see them," she said.

Tickets for people other than students are \$12.50 in advance, at the Doon Student Association office, or \$15 at the door.

Only 1,000 tickets will be sold in total.

Concert will be licensed

The Sept. 10 Big Sugar concert at the recreation centre will be an all ages licensed event.

Ian James, manager of athletics and recreation, said beer will be sold along with soft drinks and pizza, which will be supplied by Domino's. He said the staff of the Condor Roost will operate the beer sales.

James said the beer will be

poured from kegs into plastic cups because the show is going to be held on the gymnasium floor. Drinks other than draft beer will be available before and after the concert at the Roost, he said.

Opening the show will be Australian alternative band Powderfinger.

Concertgoers who plan on drinking will need age identification.

On the air



Neil Aitchison, former Conestoga student, makes a point during his radio show on Aug. 15. The show airs afternoons on CKGL AM. See feature, page 10. (Photo by Ellen Douglas)

Lineups for OSAP could be lengthy

By Ellen Douglas

Expect to stand in a few lineups during orientation week if you are receiving money from the Ontario Student Assistance Program (OSAP).

Carol Walsh, Conestoga's financial-aid officer, said this has been a busy summer for OSAP applications.

So far the financial-aid office has processed about 2,000 applications, compared to 1,800 applications by this time last year.

The delivery of financial aid may be delayed even more because Conestoga hasn't received its Canada Student Loan documents yet.

The government planned to have sent them out by Aug. 15 which is "really pushing it," said Walsh.

Before the loans can be processed and given to the students, the students' outstanding fees have to be deducted, she said.

"We hope to be ready to distribute the loan documents during orientation week," said Walsh.

But if the college hasn't received the documents by then,

the registrar's office will open for extended hours, including some evenings, during the first week of classes.

If the documents are received on time, the registrar's office will be open Monday to Friday from 9-11 a.m. and from 1:00-3:30 p.m. during orientation week.

As soon as students have registered, said Walsh, they can pick up their OSAP forms. Students cannot access their money until Sept. 2, the date on the loan documents.

Distributing the forms early was a way to drastically reduce lineups, said Walsh.

"In the old days, all the students receiving OSAP would line up on the first day of classes. The lines were so huge they often went all the way outside. Students would sometimes faint from the heat or they would have to stand in the rain."

Walsh reminds students to bring their social insurance card or some other government document with their social insurance number on it when they go to get their OSAP forms.

"We won't release OSAP documents without it. It's government policy," she said.

Besides their OSAP documents, recipients will be asked to fill out a confirmation of enrolment form to verify that their summer income is what they estimated it would be.

"If a student earned a lot more money in the summer than he or she expected, it would decrease the amount the student would get in January," she said. In other words, the student would be reassessed.

However, the Ministry of Education won't be advising students of the reassessment. "It's part of the paperless society they're trying to create," said Walsh.

"Students will have to find out for themselves if they've been reassessed."

They can do this by calling 1-900-565-OSAP or by visiting the OSAP Web site at <http://osap.gov.on.ca>.

On a personal note, Walsh added she would like to ask students to be patient and smile and bear with the wait.

"We work as quickly as we can, but we're responsible for taxpayers' money and we have to follow guidelines set up by the Ministry of Education."

Alternative delivery

Conestoga forms advisory committee

By Lynn Jackson

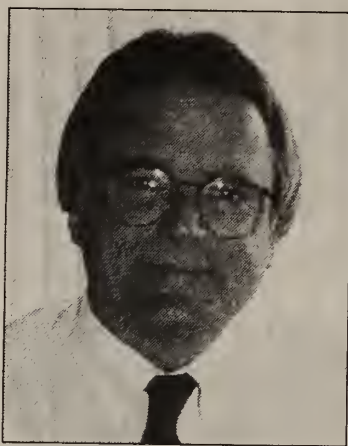
The faculty and administration at Conestoga are putting together an alternative curriculum delivery advisory committee to deal with various issues regarding alternative delivery teaching methods at the college, said Bill Jeffrey, dean of health sciences and community services.

Implemented at the college in September 1996, alternative curriculum delivery, or independent learning, refers to courses where students do not attend classes but study at home using textbooks, learning guides and audio-visual materials.

According to a memorandum sent to all faculty and school chairs from Jeffrey, the new committee will have college-wide membership of representatives from academic support, applied arts, access and preparatory studies, business, health sciences and community services and engineering technology, trades and apprenticeships.

The committee will have a dean, two chairs, the manager of alternative curriculum delivery and the director of college planning, said the memorandum.

Members of the committee will recommend alternative curriculum delivery courses, receive informa-



Bill Jeffrey

tion about alternative delivery methods and make suggestions about the new curriculum to the academic operations committee.

Jeffrey said that when the curriculum was put into effect last year, there wasn't enough time to deal with the new learning methods in a very structured manner.

"Because it is a major change in student learning, last year was a full year of readjustment," he said. "Initially when the senior management was making decisions about early (staff) leaves, we had to make some decisions because of staffing changes. We didn't have time to respond in a more structured means."

According to a survey done in

March 1997 for the college council, for the 1996-97 school year, the alternative-delivery method was used in such courses as biology, psychology, sociology and business. In particular, in health sciences, said Jeffrey, the new method was used in a course called Lifespan Development.

"Lifespan Development is growth and development from womb to tomb," said Jeffrey. "It's largely made up of theoretical concepts where you just have to sit down and read. You can do it yourself; you don't need a teacher to regurgitate it. Where there is a lot of theoretical memory work, I think this (alternative-delivery methods) does really well."

Where the independent learning method doesn't do so well, said Jeffrey, is in courses like skills labs where there has to be a lot of interaction between the student and the teacher.

"I think as we move on and become even more experienced in using alternative delivery with core courses, the students will do even better," he said.

Jeffrey said faculty members who are interested in gaining membership to the alternative curriculum delivery advisory committee should respond through their deans in order to be selected appropriately.

Find what's lost



Security officer Bob Gilberds stands among the lost and found items cleared from lockers earlier this year. Located in the farthest corner of D-wing in room 1D06 under the stairs, the lost and found can be accessed by contacting Gilberds in the security office.

Gilberds said the office has a 30-day limit for holding lost articles, but, he said, things are usually kept longer to give individuals a chance to claim items before they are thrown out or sold.

(Photo by Hélène Beaulieu)

More OSAP changes

Loans may cover deferral fee, payment time to be extended

By Ellen Douglas

Students who paid the \$50 deferral fee for not getting their tuition in on time may have the fee reimbursed this year by the Ontario Student Assistance Program (OSAP).

This is the first year OSAP has covered the cost of the deferral fee, said financial aid officer Carol Walsh.

OSAP is doing this because students will only receive 60 per cent of their loan this September and 40 per cent in January.

Other years students received an 80 per cent installment in September and 20 per cent in January. Only sole-support parents and married students will still get the 80 per cent-20 per cent split, said Walsh.

The advantage of the 60 per cent installment is that students cannot spend their money all at once, said Walsh.

There are more changes in store for OSAP, said Walsh, including a possible income contingent repayment plan.

The provincial government has a mandate to introduce a plan in which students don't have to begin to repay their student loans until their income reaches a certain level, said Walsh.

"I expect to see it by next year," she said. "But it won't make the banks happy."

In Canada, students have 9 1/2 years to pay off their student loans, said Walsh.

This is a short amount of time compared to New Zealand and Australia, where students have a lifetime to pay back loans, she said.

"Conestoga even had calls from other colleges asking for advice."

Carol Walsh,
financial-aid officer,
on Conestoga's loan
repayment record

But, said Walsh, a longer pay-back time isn't necessarily an advantage.

For example, she said, a student in a three-year college program can rack up a maximum of \$24,000 in student loans.

If that student pays \$340 a month for 9 1/2 years he or she will have given almost \$39,000 to the bank.

That's about \$15,000 in interest.

If that student had 20 years to pay back their loan at the same interest rate, prime plus five, he or she would end up paying about \$30,000 in interest.

"If the government extends the payment period then it will have to do something about the interest rates," said Walsh.

The average Conestoga student is in better shape than this hypothetical student, according to Walsh's calculations.

In fact, Conestoga's average OSAP recipient, including families and single parents, receives about \$5,200 per year.

The figure is much lower if only single students are considered.

Every year the government tracks the rates that students default on their loans, said Walsh.

Conestoga is really high on the list for students paying their loans on time and not defaulting.

"Conestoga has even had calls from other colleges asking for advice," she said.



Dave Corso and Jen Esdaile head one end of a line of students outside door 5, following a fire alarm Aug. 12. (Photo by Tim Kylie)

Fire alarm triggered by dust and fumes

By Rebecca Eby

A mixture of dust and fumes triggered the fire alarm which drove staff and students from the main teaching building on Conestoga's Doon campus Aug. 12.

Workers with the Jamesway Construction Group were cutting cement blocks with a gasoline-powered saw during renovations in the graphics

wing, but they did not use enough water to control the dust, said Adam Levesque, one of the laborers on the job.

"We try to control the dust with water but we don't want to get too much of it on the floor," he said.

When people were allowed back into the building, the doors remained open to allow the slight haze to diffuse.

Correction

On page one of the Aug. 18 issue of Spoke, in an article about the Sept. 10 Big Sugar concert, Gig Magazine was reported to be located in Guelph. The magazine is actually located in Barrie.

Steve Harris was also planning on advertising the concert in id magazine, which is located in Guelph. Spoke regrets the errors.

DSA has reopened online communication service

By Craig Vallbacka

For students searching for information, the Doon Student Association (DSA) has reopened one of its lines of communication.

On Aug. 13, the DSA's Web page went back online, after sitting idle for about two semesters. Following its establishment last year, the DSA was unable to keep it up-to-date because of time restrictions, said Becky Boertien, DSA director of student life.

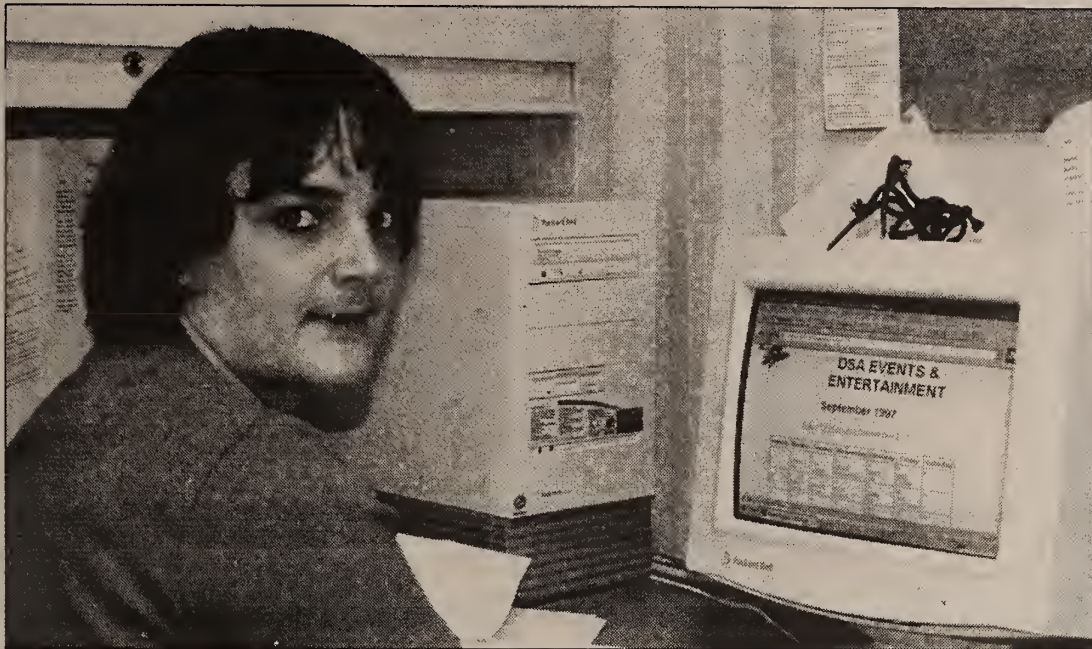
"Now that we have the (Internet) lab, students are going to have more access to the Web page. So, it is definitely a priority of my job now."

The DSA's Web page will provide students with a variety of information about campus events and the DSA executive.

"It will have a listing of all our services and dates of events," she said.

The Web page will also provide people with background information on all members of the DSA executive.

"Each executive will have their own Web page that has information like what program they're in



Becky Boertien, director of student life at the DSA, displays the events and entertainment page of the DSA's Web site. The Web site went back online Aug. 13.

(Photo by Craig Vallbacka)

and what their interests are."

Boertien said, although it is not in place yet, the Web page will also provide people with information about how the executive works.

For people interested in campus events, she said, the Web page has a monthly events calendar. "You can click on each date and it will give you details on whatever events are going on."

Boertien said the events calendar

will also have highlights of the next month's events.

"What we're doing is just providing another avenue of communication for students," she said.

Aside from providing information, the Web site will allow stu-

dents to e-mail the DSA with questions or comments.

Boertien, who will be maintaining and updating the Web site, said she put at least 40 to 50 hours into getting the page back online.

She said it took longer than she would have liked, but other commitments and learning the HTML programming language delayed the process.

HTML is a computer language that is used for designing Web sites.

In addition to Boertien's work, she said Gavin Fitzpatrick, last year's DSA entertainment manager, also assisted in getting the site back online. "Basically, I did all the information pages, and he (Fitzpatrick) did the editing of the program language and made sure it loaded on."

Boertien said she plans to establish links to the college Web site and a number of other sites.

She said the DSA may also establish links to the Kitchener-Waterloo Record, the Ministry of Education, and bands that are performing at the college.

The address is www.doonsa.com.

Spoke will soon be surfacing in cyberspace

By Craig Vallbacka

Spoke is ready to go online, but readers will probably not see it in cyberspace until the beginning of October.

Tony Kobilnyk, a fourth-semester, print-journalism student, said he thinks the delay is due to the ongoing upgrades of Doon campuses computer systems.

Kobilnyk and classmate Tim Kylie were approached with the idea of designing Spoke's Web page by journalism faculty member Jim Hagarty at the beginning of the spring semester.

"Originally we were going to have it in the spring, but it didn't really come together because we were too busy at the time," Kobilnyk said.

Kylie and Kobilnyk said they designed Spoke's Web page for a print-journalism course called special projects, which Hagarty taught during the summer semester.

"It (the Web site) is kind of a thumbnail of the paper version,"

said Kylie. "It will have a number of stories and some photos from the paper version at first. Once it's going, I think it will have some original material on it as well."

Letters to the editor, links to other campuses and colleges, and brief biographies and photographs of Spoke staff, are items which Kobilnyk said he would like to see on the online version of Spoke.

Spoke online could also serve as a reference library for people looking for information about the college, Kylie said.

"It will be like an online microfilm," said Kobilnyk.

Kylie said the Web site will make it possible for past articles to be catalogued in a database that people could access at any time.

After a number of setbacks regarding what software to use, Kobilnyk said college principal Grant McGregor suggested they use Microsoft Office 97, which has a Web page authoring system included in it.

"Most of our time was spent learning the software, but once we



Tony Kobilnyk (left) and Tim Kylie, both third semester journalism students, display the student life page of Spoke's new Web site. Due to computer upgrades and administrative setbacks, Spoke will probably not be online until the end of September.

(Photo by Craig Vallbacka)

got the hang of it, it didn't take that long at all," Kobilnyk said.

Kylie said they ran into some difficulties with the software, but that was because they had never used it

before and they didn't have any manuals to assist them.

"The Web site worked out well for the two of us," Kylie said. "We each had different strengths which

we brought into the project." Kylie said Kobilnyk was stronger in the design area than he was, but he (Kylie) figured out some complicated aspects of the software.

Message from the President



President John W. Tibbits

Welcome to all students entering Conestoga this year — both those returning and those new to the college. We hope that 1997-98 is a productive and exciting year for you.

You have chosen to invest in a college education. I am confident that this choice will prepare you for a satisfying career in your chosen field.

The skills you master here are highly valued in the world you will enter upon graduation. These skills include communi-

cations, teamwork, creativity and the ability to solve problems, all of which will contribute tremendously in future years to your career and community life.

As Conestoga College enters its 30th year, we are making tremendous inroads in international education initiatives and in articulation agreements with universities in the United States, Australia and Great Britain.

We are proud to be able to offer these global opportunities

to our students. As well, we continue to develop partnerships with business and industry which will further expand Conestoga's ability to offer you a first-class, quality education.

We all share a commitment to the future, as we build on our reputation for excellence as one of Ontario's leading colleges.

John W. Tibbits
President

perspective SPOKE

The truth is stranger than fiction

Elgin (not his real name) is babbling at a rapid rate. His hands are gesturing wildly, but with every tense word, I can see the stress draining from his body, replaced with nervous relief.

"I'm gay. Well, I'm not gay. I'm curious. It's something I've always wondered about and wanted to try."

Taken aback, the mental search begins for words to reassure and support him. It's a bit of a struggle . . . "Why are you telling me this?"

Deep sigh.

"I had to tell someone."

In the context of a close friendship over coffee, this conversation might make sense. I'm aware of the personal and professional risks people take by coming out to society. The thing is, Elgin and I aren't particularly close.

It all started like this.

Finding myself quite alone one Sunday, I decided to indulge in a luxury I rarely afford myself: time.

Wrist blissfully bare, the afternoon was spent in wasteful abandon.

My ultimate goal for the day: a walk from Waterloo to Kitchener for tea and cheesecake at a new sweetshop.

Such an excursion, I thought, would need careful preparation.

Hair, eyes, lips and clothing meticulously attended to and, after an undetermined length of time, I was on my way.

The sun was uncommonly warm for this



Hélène Beaulieu



particular May, thus adding to my sense that life was indeed quite grand.

Halfway to Kitchener, while standing at a red light, a voice called out to me, "Hey gorgeous. Want a ride?"

OK. It's nice to still be able to make an impression. It's a narcissistic rush. But honestly, any man who tries this stupid line has got to know that no intelligent woman is going to say yes. Maybe that's the point.

Turning him down I continued on my way, and as he passed me, he pulled into what appeared to be a beer store parking lot.

As I passed the parking lot he pulled up to the sidewalk.

"Are you sure you don't want a ride? I'm not a bad guy."

He didn't look like a bad guy. He had a nice sports car. He was really buff.

Turning him down again, I became aware that he was still talking, so I started listening.

"Come on. Are you sure? I'm going your way. I wouldn't hurt you."

"I'm gay. Well, I'm not gay. I'm curious. It's something I've always wondered about and wanted to try."

"Where would I go in town to meet a man?"

What followed was an outpouring, at times quite graphic, of his desire, interest and, yes, experience.

Several hours later I sat pondering some of the social implications of this peculiar encounter when my dear friend Jeff thought it wise to consider:

"Maybe he thought you were a guy in drag."

Narcissus defeated.

Personal actions have social impact

I was talking to my fiancé, an Irishman who lives in London, U.K., the other week, and he told me he'd almost gotten arrested. Knowing Mark is not the lawless type, I decided he must be having a laugh. He wasn't. The story he told me of the circumstances surrounding his near-arrest made me sit back and think seriously about what I would have done in his position.

It happened in Waterloo station — one stop in the maze of the London transportation system — when Mark came across one man hovering over another who was bleeding profusely. Thinking his help was needed, he approached, only to see the bleeding man was being roughed up by the other, who turned out to be an undercover policeman making a rather brutal arrest. The man on the ground was shabbily dressed, obviously hurt and protesting in a strong foreign accent.



L. A. Livingston

If we say we believe
in the dignity and equality of
human life, we must also say
we will accept the responsibility
of preserving that dignity.

Mark has a well-placed passion for social justice. He is angered by injustice and abuse of power. This scene appeared to be both. He attempted to persuade the arresting policeman to ease up on his force, but the policeman instead responded in anger by threatening to arrest Mark.

By this time, a crowd of onlookers was gathering and more policemen arrived to disperse them. Mark refused to leave, preferring to wait until medical help arrived to attend to the wounds of the man on the ground. While they were waiting, the policemen congratulated the first for taking one more off the street, for "making a good catch."

The story ended with help arriving for the bleeding man, but the impact of Mark's stance caused me to realize I would never have had the courage to act on a perceived public injustice. I, unlike the crowd of onlookers, would have walked right by. I would have had no desire to intercede, nor any to watch the confrontation.

Perhaps the man being arrested had a knife in his pocket. There are all sorts of unknowns in the whole scenario, but the point is Mark saw what he perceived as an injustice and acted on it. That's living a life of principles, something I aspire to but often fall short of achieving.

If we say we believe in the dignity and equality of human life, we must also say we will accept the responsibility of preserving that dignity, of valuing everyone — powerful or powerless, abled or differently abled, like or unlike — for who they are, not for the categories we can fit them into. One decision at a time, we can make choices that reflect accepting that responsibility. In doing so, we not only change ourselves, we influence the world around us.

Canada's drug laws out of step

Chris Clay is a warrior — his weapon, the constitution. Sometimes he wins, sometimes he loses, as he did recently.

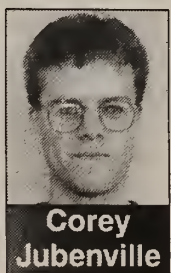
In the war on drugs, many people, including the police, consider him the enemy.

His most recent battlefield was a London courtroom where he was found guilty of possession of a narcotic for the purpose of trafficking. He sold marijuana seedlings to an undercover police officer.

Clay was the owner of Hemp Nation, a London store he recently sold, which sells various drug-related products like bongs, marijuana advocacy magazines and hemp clothing.

Some people would say he was stupid, and got what he deserved. This would be true if he were just trying to make money, but he wasn't. He was trying to make a point and challenge the law. He didn't try to hide his illegal activity, he advertised it.

He was originally arrested May 17, 1995, for selling cuttings, and he decided to fight the charges on constitutional grounds. To help increase his arsenal, he got Osgoode Hall law professor Alan Young and his partner, Paul Burstein, to help.



Corey Jubenville

Young, who recently won a case against laws banning drug literature, said he had been planning a challenge for 10 years.

One year later, Clay was again arrested for selling seeds. On this occasion, police seized around \$40,000 of the store's inventory, including computers. The Crown offered a plea bargain, but Clay wanted to challenge the law and ignored the deal.

In delivering his verdict Aug. 14, Judge John McCart agreed that cannabis is relatively safe. However, he also found that he didn't have the authority to change the law and found Clay guilty.

Clay can take comfort in the fact that the judge's comments indicate there are some people in authority who are taking another look at Canada's arcane drug laws.

Under the law, simple possession is punishable by fines up to \$2,000 and jail terms. For trafficking, the fines are more severe, and Clay could face up to seven years in jail.

These out-dated edicts can be traced to Emily Murphy, an Edmonton magistrate. In 1920, she published a series of articles in Maclean's magazine which later became a book, the Black Candle. In this book, often described as racist and sensationalist, Murphy uses U.S. enforcement officials as many of her sources.

Here's a sample of what one police chief had to say: "The narcotic has the

effect of driving the smoker completely insane. The addict loses all moral responsibility. Addicts to this drug are immune to pain, and could be injured without having any realization of their condition...they become raving maniacs and are liable to kill or indulge in any form of violence to other persons using the most savage methods of cruelty...if indulged in to any extent, it ends in the untimely death of its addict."

This is the rationale behind our drug laws concerning cannabis.

They haven't succeeded in stemming the use of marijuana. Instead, the courts are clogged up with trivial cases. Our government, following the American lead, spends millions of dollars prosecuting these offences and millions more incarcerating people.

In these times of cut-backs and layoffs, couldn't a better use be found for this money?

Commenting on the situation, Judge McCart said, "Of all the major western countries outside North America, only France and New Zealand have taken no measures to ease the impact of cannabis laws. The national governments of Canada and the United States appear to be somewhat out of step with most of the rest of the western world."

Maybe it's time to think about getting in step, and letting Chris Clay win this battle.

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Editor: Tim Kylie; News editor: Hélène Beaulieu; Student life editor: Lynne Thompson;

Issues and activities editor: Ellen Douglas; Features editors: Lisa Kloepfer, Anita Filevski;

Photo editors: Ian S. Palmer, Tony Kobilyuk; Production manager: Bob Puersten; Advertising manager: Lynn Jackson;

Circulation manager: Craig Vallbacka; Faculty supervisors: Jerry Frank, Bob Reid

SPOKE's address is 299 Doon Valley Dr., Room 4B15, Kitchener, Ontario, N2G 4M4. Phone: 748-5366 Fax: 748-5971.

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Snow squall



David Taylor from Conestoga's summer camp throws a snowball made from the snow pile behind the recreation centre.

(Photo by Ian S. Palmer)

Pamphlets delivered in registration pack

By Tim Kylie

Doon Student Association (DSA) executive members decided to give Cleg Marketing another chance by agreeing at a meeting Aug. 12 to allow the company to distribute material in 1997-98 DSA registration packages.

Cleg, which specializes in marketing credit cards to university and college students, has been banned from Doon campus in the past.

According to DSA president Chris Kroeker, the physical resources department decided a couple of years ago to ban Cleg from campus because of the mess created by pamphlets left lying about.

However, Kroeker said, physical resources worked out its differences with Cleg in 1996-97, allowing the company back on campus but restricting its presence to the cafeteria.

Physical resources has made the same arrangement with Cleg for 1997-98, he said.

"It's not exactly the same type of thing," Kroeker said. Cleg's proposal to the DSA involves distributing pamphlets through registration packages instead of handing them out in the Sanctuary, Doon campus's student lounge, as it had done before the ban.

In the winter semester of 1996, after Cleg was banned by physical resources, it distributed pamphlets as inserts in Spoke, said Jim Hagarty, a journalism faculty member who was Spoke's staff supervisor that semester.

However, the pamphlets tended to fall out, making a mess, and as a result Spoke made a standing policy not to accept insert advertisements, Hagarty said.

Cleg has agreed to pay \$100 per 1,000 pamphlets distributed, Kroeker said.

He said the DSA has prepared 4,500 registration packages which will include two different pamphlets from Cleg in each. If every package is used, the DSA will make \$900.

One of the pamphlets to be distributed is a double-sided, six-panel pamphlet asking students to apply for Toronto Dominion Green Visa, Bank of Montreal MasterCard, the Sears Card, the Bay Card, a Petro-Canada card, and the Zellers Credit Card.

Kroeker did not have an example of the other pamphlet.

Although Cleg pamphlets were not a factor, the DSA threatened to close the Sanctuary in the fall semester of 1996 because students were leaving too much garbage there.

Ex-officio DSA member April-Dawn Blackwell said the mess created by Cleg pamphlets is one of two concerns about dealing with the company.

This was largely a concern of physical resources which has been since worked out, she said.

The second concern is with subjecting students to a credit bombardment, she said. However, she added, students will face this problem anyway since the college has agreed to allow Cleg to distribute in the cafeteria again.

Tool storage revamped

By Colleen Cassidy

Second- and third-year students in the woodworking technician and technology programs at Conestoga's woodworking centre seem to have accomplished the difficult task of satisfying three groups of people, all of which were perceiving problems with various methods that have been used for dealing with the tools at the centre.

Al Sparling, an instructor at the woodworking centre, said the problem of finding the best way to handle the tools has been ongoing, but the students have developed a system that so far satisfies college administrators and woodworking faculty, as well as students.

The faculty, Sparling said, spent a lot of time in the tool crib (storage space for tools) getting tools for students. There needed to be a system in place that would free up the instructors' time so they would be able to better help those students who were experiencing problems.

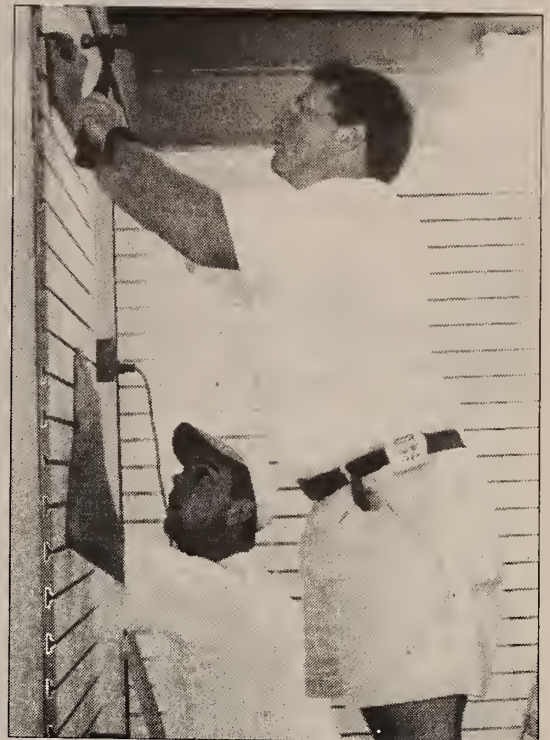
Administration was concerned about the inventory system, said Sparling. There needed to be a better method for keeping track of the inventory, particularly items that are consumed, like sandpaper and nails.

Students, he said, believed they were being treated unfairly because they had to pay for items they didn't use. The way the new plan is set up students will only have to pay for the items they actually use, Sparling said.

A new tool crib, almost twice the size of the old one, is being built by the students, he said.

Before students begin classes, they are sent a list of tools they will need during the time they are at the college he said. If a student forgets his or her tools, he or she will have to find a way to get the needed tool, he said.

Sparling said in the past, students who didn't have a required tool could borrow one that was in the tool



Fraser Burton (left) and Reg Ellis, both second-year woodworking students, build a new tool crib. (Photo by Colleen Cassidy)

crib. The woodworking centre will no longer be keeping any of the tools that students use.

The plan, in place for September, will give more storage space that will be used more efficiently, said Sparling. "Everything will be in one place." It will also be more cost efficient, he said.

Because the students developed the plan it will be more satisfactory to them and it will probably be more workable, Sparling said.

Rodeway considers 50-room addition

By Lynn Jackson

It's that time of year again, when students are scrambling to find appropriate housing and residence waiting lists are beginning to fill up — and Rodeway Suites is no exception.

"This is the second year we've had a waiting list," said Rodeway Suites manager Paul Holowaty. "The first one was two years ago. We had 10 people on it and they all ended up getting in."

For September 1997, said Holowaty, there are 27 people waiting to get a room in the 117-room residence.

"Some people will (get a room) and some won't. At this point they

should be looking for alternate housing," he said.

Holowaty said that, in addition to the waiting list, there have been a large number of callers inquiring about rooms at the residence who were not interested in being added to the waiting list.

"In response to this, once you have a waiting list, obviously your operation is successfully run and people like living there," said Holowaty.

Currently, the management is investigating the possibility of adding 50 rooms to the Conestoga residence, said Holowaty.

"We'll still have to get co-operation from the city, the college and the property owner," he said. "There's a lot of red tape we have to go through."

Holowaty said if Rodeway Suites can retain most of the returning students, it will be easy to justify the need for the addition.

If the addition is approved, the 50 rooms would be added on to the back of the building, he said.

But, in terms of time, Holowaty said, nothing is definite.

"It's unlikely the addition would be ready for September 1998, but not impossible."



Peer Services

Supported by Doon Student Association

DO YOU HAVE WHAT IT TAKES... TO BE A TUTOR?

- ENTHUSIASM
- A DESIRE TO HELP YOUR PEERS
- 80% OR BETTER IN THE COURSES YOU ARE INTERESTED IN TUTORING
- STRONG COMMUNICATION SKILLS

A PEER TUTOR IS A 2nd OR 3rd YEAR STUDENT WHO IS TRAINED TO HELP OTHER STUDENTS EXPERIENCING ACADEMIC DIFFICULTIES. TUTORING OFFERS EXCELLENT JOB EXPERIENCE AND EXTRA INCOME.

TO APPLY, COME TO STUDENT SERVICES (2B02) TO FILL OUT AN APPLICATION AND TO MAKE AN INTERVIEW APPOINTMENT.

Smoke-free Entrances

As a result of concerns from various college students, employees and visitors, the following entrances are designated smoke-free:

- * Doors #1 and #5
- * Doon Main building (front)
- * Student/Client Services building
- * front entrance (beside Parking Lot #8)

Please watch for the signs and refrain from smoking at these entrances.

Smoking continues to be permitted at:

- ✓ Doors #2, #3 and #4 at the front of the Doon Main building
- ✓ the many entrances at the back of the building
- ✓ the back entrance of the Student/Client Services building.

New building to be constructed on Guelph campus



Hans Zawada, chairman of technology, trades and apprenticeship, stands in the lower parking lot at Conestoga's Guelph campus where a semi-detached home will be built. Students in the new renovation technician program will practice their skills in the house.

(Photo by Tony Koblinsky)

By Tony Koblinsky

Construction of a new building will soon begin at Conestoga's Guelph campus.

Hans Zawada, chairman of technology, trades and apprenticeship, said the first phase of the construction, a 24-metre-by-36-metre compound enclosed by a chain-link fence, should be completed by the end of the month.

The compound will be located in the lower parking lot at the west side of the campus and will surround the new building.

The second phase, Zawada said, is the construction of a 12-metre-by-15-metre, semi-detached home within the compound, and it may never be finished.

This is because the home will be used as a teaching tool for students in the new renovation technician program to practise their new skills, Zawada said. As a result, the house will always be under some degree of construction.

Exercises the students will perform, he said, include such things as changing the roof line, removing and installing windows,

removing and building walls, renovating rooms and eventually constructing additions to the building, such as a garage.

Zawada said students will act as contractors and the teacher will act as a resident. The teacher will explain to the students the kind of renovation desired and students will then be required to examine the feasibility of the project, draw up a plan, estimate the cost and complete the construction.

"It could be a minor or a major renovation," he said.

Zawada said the students may be required to work within a budget for the project or they may simply be asked to complete a project without considering costs.

He also said students will be required to re-use as much of the construction materials as possible in order to limit waste and to keep costs down.

Al Eisen, a faculty member in the renovation technology program, and Yorck Lindener, a member of physical resources at the Doon campus, will be preparing the plans for the house in September, Zawada said.

Furniture for sale at woodworking centre

By Colleen Cassidy

Some of the furniture made by Conestoga woodworking students is for sale at the woodworking centre.

Mary McElwain, assistant to the dean of trades and technology, said the furniture for sale was created through projects that were made by the first-year students. The students are given a chance to purchase the

pieces they made, but some either decide not to or can't afford to buy them. The pieces are sold, she said, to make extra space at the woodworking centre, as well as to recoup some of the costs to the college.

McElwain said first-year students are given specific projects to make and the college pays for the materials. Second- and third-year students design their own projects.

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Dental Office Administration
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RETURNING STUDENTS

Academic Preparation
Food & Beverage Management - Year 2

WE WISH YOU SUCCESS!

While you were away . . . Conestoga still busy during summer months

By Hélène Beaulieu

By all outward appearances, Conestoga in summer is just a cluster of abandoned buildings on an impeccably groomed lot.

While bustle and commotion diminish considerably with the mass exodus of students in spring, the behind-the-scenes activity that keeps Conestoga running continues throughout the year.

Here's the lowdown on some of what went on between May and August.

— Butting out —

Effective Aug. 18, smoking was banned at doors 1 and 5 of the main building and at the parking lot door of the student and client services building. A nine-member committee voted unanimously to recommend the ban to the academic operating committee which then quickly approved the idea. Concerns that prompted the decisions were: Conestoga's public image, cleanliness, safety entering and exiting when doorways are crowded, and the effects on asthmatics of walking through cigarette smoke.

— Health conscious —

In 1997/98 the DSA drug plan will cost single students \$83.37. This is an increase of almost \$23 over what was paid during the 1996/97 school year. Students choosing family coverage will pay \$166.71, up over \$45 from last year. The plan will pay 80 per cent of prescription drugs — including oral contraceptives — up to \$2,000 per year. A discount of up to 20 per cent on eye wear from PVS Vision Services is also part of the package.

— Condors get new coach —

Kevin Hergott will be the new coach for the Conestoga Condors this season. Hergott, who has a strong background coaching in the Waterloo minor hockey system, was an early favorite for the position which became available at the end of last year's season. A self-described offensive-minded coach, Hergott plans to create a strong forechecking unit with the team.

Ian James, manager of the recreation centre said he believes Hergott has what it takes to help players reach their potentials.

— Ontario Skills —

On May 7 the City of Kitchener and Conestoga College played host to 642 students from across the province who came to the Kitchener Memorial Auditorium for the annual Ontario Skills Competition. Conestoga, which was the top ranked of 16 community colleges competing, came away with seven medals. The college will be hosting the event for the next two years.

Four of five competitors then went on to win gold at the Canada Skills competitions in Red Deer, Alta., May 29-31.

— Solar car fades to black —

After three years of preparation and anticipation, Conestoga's solar car, Spectre, was unable to make it to Indianapolis for Sunrayce '97 on June 19. The \$60,000 state-of-the-art solar car was pulled from the race when time constraints prevented the necessary safety tests from being completed. Brent Clements, electronics manager for the project, said the steering-control panel system and the solar panel array had yet to be completed.

— Mourning a loss —

June Dahmer, winner of the 1996 Support Staff Special Needs Award and one of Conestoga's longest-serving employees, died June 23 after a 13-year battle with cancer. Dahmer, an avid gardener described by her colleagues as kind and helpful, was also one of the college's first students in 1967.

— Enrolment up —

As of June 24 the number of confirmed acceptances to the college was up 5.9 per cent over last year at the same time — this despite a slight decrease in applications received overall. Assistant registrar Janeen Hoover said the numbers reflect the growth of the college and that the registrar's office is preparing for an increase in the student body.

Local heroes host hockey camp at rec centre



Students of the Stars of Tomorrow hockey school, such as seven-year-old Alex Born, improve their skills with help from instructors such as Mark McMahon (left) and Boyd Devereaux.

(Photo by Andrea Bailey)

By Andrea Bailey

Many of the 125 children who attended the Stars of Tomorrow hockey camp, hosted by the Kitchener Rangers junior A club, said that one of the draws to the week-long school was that they were able to learn game basics from some of their local heroes.

Brad Sparkes, manager of marketing and public relations for the Rangers, said the team members who served as instructors at the camp were just happy to spend time with the students.

"During the first couple of days, many friendships were formed between the kids and the instructors," said Sparkes. "They all related to each other really well and had a lot of fun."

Many of the kids said they looked forward to meeting their hockey heroes. "We even got to meet Mike Torchia of the Dallas Stars," said nine-year-old Bobby Flewwelling. "All of the instructors we've had have been really cool."

"We've just tried to make it fun for the kids out here," said second-

year Ranger forward and camp instructor Ryan Milanovic. "We're all getting along really well and the kids' on-ice basics are improving every day."

Sparkes said the list of activities which made up the camp consisted of two daily on-ice sessions, base-

"We even got to meet

Mike Torchia of the

Dallas Stars. All of the

instructors we've had

have been really cool."

*Bobby Flewwelling,
hockey camp student*

ball, soccer, basketball and ball-hockey.

During lunch each day, he said, a hockey video was shown to the students to visually demonstrate many on-ice basics.

Sparkes said a lot of time was spent on strategy development.

"We feel it's the type of program parents want for their kids," said

Sparkes. "We are active all day, yet we notice when the kids need time to rest as well."

"The actual feedback from the parents has been tremendous. I think the fact that this is not only a school for hockey, but a school for life skills, is also impressive. We want the students to leave as better people with good personality skills that will rub off on others around them."

Many parents agreed the format of the camp was good for the students.

"All of the activities were great," said Charles Pickard, father of two camp students. "It's very well-organized. I like that they're using a lot of ice, where other camps usually use only part of the ice."

Rangers' assistant coach and head camp instructor Brian Hayton said he feels the camp has been an overall success for everyone involved.

"Basically, we wanted to give the kids a taste of what it is like to be a Kitchener Ranger," he said. "All our instructors have been good role models and, all in all, it has been a great week."

New Edmonton Oiler helps at hockey school

By Andrea Bailey

Three days after signing a multi-million dollar contract with the NHL's Edmonton Oilers, Boyd Devereaux took time to be an instructor for a day at the Stars of Tomorrow hockey school at Conestoga's recreation centre.

Devereaux, who was originally scheduled to instruct the camp the entire week of Aug. 11-15, could only make it to Conestoga on Aug. 15 because of a schedule conflict involving try-outs for Canada's national junior team.

"I got the news that the contract was agreed upon while I was at the Hockey Hall of Fame with the juniors on Tuesday," said Devereaux. "I'm really happy with it. My agent did a great job at negotiating what would be best for me. I couldn't be happier."

The Oilers' club and Devereaux agreed upon a three-year deal worth \$2.65 million in American funds — the maximum someone his age can make in the NHL.

Devereaux said Glen Sather, the head coach for Edmonton, said that Devereaux has the potential to be captain of the Oilers.

"I'm really positive about the entire situation, especially after Sather's comments," said Devereaux. "That really boosted my confidence. Now I'm going to go into camp, play good and compete for a job."

In the meantime, Devereaux said, he is constantly training. He said he enjoys instructing hockey camps, such as the one at Conestoga, because it brings back happy memories of when he attended camps as a child.

"I try to bring to the school all that my instructors brought to the ones I went to as a kid," he said. "The main thing I try to do is build confidence in the kids through words of encouragement. I think

that type of instruction will put them on the right track to a future in hockey."

During his day at the camp, Devereaux focused on teaching skills such as face-off techniques and breakaways.

Many of the students at the hockey camp named the future Oiler as one of their favorite players.

"It's pretty cool to know that the kids think of me that way," he said. "I get a lot of letters during the year from fans. I keep them all and pull them out and read them over sometimes. It really makes me feel good to know that they support me."

"Boyd's a very special person," said Kitchener Rangers' assistant coach Brian Hayton. "He's got a big future ahead of him, so the kids are excited about spending time with him now."

"No matter what's in the future, I plan to keep strong ties with the Ranger organization," said Devereaux. "I'm even hoping to come back here to Conestoga for the full week if there is a camp here again next year."

Soccer try-outs to be held Sept. 2

By Ian S. Palmer

The first week of college is usually for students to get acclimated to their surroundings and to gradually start work on class assignments. But for returning and aspiring Conestoga soccer players, there is no time to relax, as try-outs for the teams begin on Sept. 2, the first day of school.

Geoff Johnstone, coach of the men's and women's indoor and outdoor teams, said try-outs will commence at the recreation centre at 4:30 p.m. The teams will then travel to Columbia Lake field on Sept. 4 to duel the University of Waterloo in exhibition matches.

Johnstone will be entering his 27th year of coaching at Conestoga. During that time his teams have won 20 Ontario medals (six gold, seven silver, seven bronze). Johnstone said his duties as head coach are evaluating and selecting players, planning training programs and team tactics, and running the player's bench during matches.

He will be receiving help from Duane Shadd, assistant coach for

the men's team, Robin Butler and Marlene Ford, assistant coaches for the women's team and trainer Doug Perkins.

Shadd has been involved in the men's program at Conestoga for 18 years and has expertise in fitness training as well as skill development and team tactics. Butler played three seasons with the Condors and will carry out the same duties as Shadd.

Ford also played three seasons with the women's soccer team as well as on the softball and volleyball squads. Ford's primary responsibility will be the development of players' skill levels.

Perkins' job is to arrange for injured athletes to be diagnosed for treatment and rehabilitation. Johnstone said it is essential that Perkins has each player's health card number and medical history on file.

The soccer operation will be overseen by Vince Alviano, assistant coach for the women's team for the past seven years. Alviano will handle the administrative tasks with the coaches, check player eligibility, register players, keep records and oversee

fund-raising for the teams.

Johnstone said soccer players must be full-time students, and, if transferring from another college, must have successfully completed the last academic semester there. He added that the Ontario College's Athletic Association (OCAA) recommends players who are failing two courses be suspended from further play.

The men's outdoor team will be competing for its 29th season while the women's team will be entering its ninth year. The men's indoor squad will be competing in its 11th season and the women's team in its eighth.

Johnstone said he was anticipating the upcoming season, "I'm confident we can put together some quality teams that will represent the college well and be very competitive on the field."

The men's season kicks off Sept. 17 at 5 p.m. against Fanshawe College. The women begin their season Sept. 20 in Windsor against St. Clair College. The indoor teams begin play in October or November.

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Conestoga's first president a man of vision

By Pat Craton

"He was a real leader, an evangelist almost," said Bob Hays, co-ordinator of the law and security administration program, in describing Conestoga College's first president, James Church.

Church served from July 1, 1967, until his resignation in January 1974. Prior to his resignation, problems arose between administration and staff. The stress from the disputes, Church said, took a toll on his health so he resigned to let someone else take over.

Born in 1916 in Ottawa, Church currently lives in Waterloo with his wife, Hazel.

Church was interviewed at his home on Aug. 15.

Spoke: What were you before you became president of Conestoga?

Church: I was a professor in mechanical engineering at the University of Waterloo.

Spoke: How and why did you become involved with the college?

Church: When the colleges were being considered, the Ontario government appointed a group in each area to look into the necessity or feasibility of a college. I was asked to represent the university in that group — that was quite early, either in '62 or '63.

I was asked because I had a lot of industrial experience. I did not hear anything after that. Then in

1967, Angus Bruneau, a member of the founding board of governors, asked me to put my name in for the president's job. I was not particularly anxious because I was involved in various projects at the university but Angus convinced me to do it and that's how I got tangled up in it.

Spoke: Was it difficult to switch from teaching to administering?

Church: I loved to teach. Teaching was the same as building. I had been in charge of industrial plants with as many as 2,800 employees so I had some administrative experience but I underestimated the politics of the job.

Spoke: Do you regret taking the job?

Church: No. It cost me a great deal, health wise because there were many difficulties, but it was an experience. I was not cut out for administrative work. One chap said, "there isn't enough 'wolf' in you." You have to be harder than I am.

Spoke: What did you envision for the development of the college?

Church: The college was primarily designed to fill a gap in the transition between labor and research.

It was to replace the apprenticeship system or an enhancement of the apprenticeship system.

We looked at the overall anticipated needs to the end of the century. We had to have skilled



James Church, first president of Conestoga College.

(Photo by Pat Craton)

tradesmen in every field; the force had to be better educated if they were to function in industry.

Spoke: How did you go about recruiting staff and teachers?

Church: I had good contacts in industry. I had a good group of board of governors consisting of representatives from all areas of industry. They had good contacts too. I had done work with high

schools so I was able to pick up key personnel from there. They, too, had contacts. Once industry realized we were serious, it became self-growing.

Spoke: What were the highlights of your term in office?

Church: Where the college sits now was a sandpit; getting that going was most interesting. Perhaps, because it was a matter of

building and engineering, I felt at home in that aspect of it.

I took risks where I had to, such as when we started to build even before we knew we had the property. I was hired July 1, 1967, and they told me they wanted classes to start Jan. 1, 1968.

Another highlight was the first convocation in 1968 which was held in a theatre in Fairview Mall.

Spoke: What connections do you still maintain with Conestoga?

Church: I keep my nose out of it but I go to convocations as often as I can to present the scholarships. Sometimes I can't make it because the dates or my health don't permit.

Spoke: What do you think of Conestoga 30 years on?

Church: It's coming along beautifully; buildings are going in where we planned. The emergence of the woodworking centre as Canadian leader was planned for it to be so from the beginning. Grant Glennie (former head of furniture manufacturing for Electrohome) was mainly responsible for that.

Spoke: How do you feel being the first president of Conestoga?

Church: A very great feeling of gratefulness that I had the opportunity to be part of it.

Spoke: Any final words?

Church: I certainly wish the college all the success in the world. Tibbits and the college are doing a magnificent job.

Neil Aitchison: from slaughterhouse to local radio

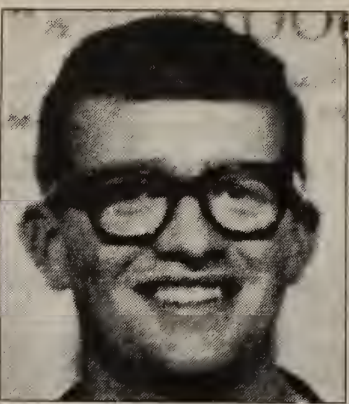
By Ellen Douglas

It's 1967: you're a recent high school grad, your marks aren't the greatest, you're working in a slaughterhouse in Harriston and you want to make something of yourself. What do you do?

As a young redhead, Neil Aitchison asked himself this same question. Then, while visiting friends at his old high school, the principal gave him the answer he needed.

When the principal found out where Aitchison was working he said, "My God, Red, you've got to do more with yourself than that." He told Aitchison about a new college that was opening up in Kitchener which was looking for students.

"I'll write you a letter," said the



Neil Aitchison in 1968.

(File photo)

principal. "You'd better get down there."

That new college was Conestoga, and today Neil Aitchison is a radio broadcaster, with his own afternoon talk program, at CKGL 570

AM in Kitchener.

Aitchison said his time at Conestoga has helped him immeasurably in his career and in his life. "I go back there all the time in my thoughts," he said.

While at Conestoga, Aitchison was student president for two years and, after he left the college, he sat on the board of governors for seven years.

As student president, Aitchison planned socials and dances, managed to get a student lounge and went on speaking tours to promote the college.

"I was on academic probation for my first year, because of my high school marks," said Aitchison. "But my marks at college were never a problem. The broadcasting program was everything that I loved."

After graduating from Conestoga, Aitchison didn't have a hard time finding a job, like some of today's grads. "Graduates from community colleges were being hired left, right and centre.

"I ended up taking a job at a radio station in the sales department," he said, "even though it was the last thing I wanted to do."

"My reason was mostly greed," he jokes. "I could make \$95 a week as a radio announcer, but I could make \$135 in sales. It sounded pretty good to me."

Now, after 25 years in sales and management, he is actually doing the job he was trained to do.

"I'm always trying to recall and apply the on-air stuff they taught us at Conestoga," he said. "What they taught us is still bang-on today."

Aitchison said the best advice he got at Conestoga came from Gary Parkhill, who was the broadcasting program co-ordinator. "He told us to get involved in the community and to read a lot. People are still giving that same advice today."

Clearance of surplus woodworking student projects

We have a limited quantity of cherry and maple tables for sale.

These items are "seconds" and will be sold "as is."

	<u>Cost</u>	<u>Sale Price</u>
pedestal tables	\$26.09	\$20.00
hall consoles	\$60.87	\$50.00
night tables	\$70.00	\$50.00

Please contact Mary McElwain, ext. 466 or Don Franklin, ext. 738 for more information.

Notice to Students

Deadline for the DSA Health Plan Opt-Out is **Monday, September 15**

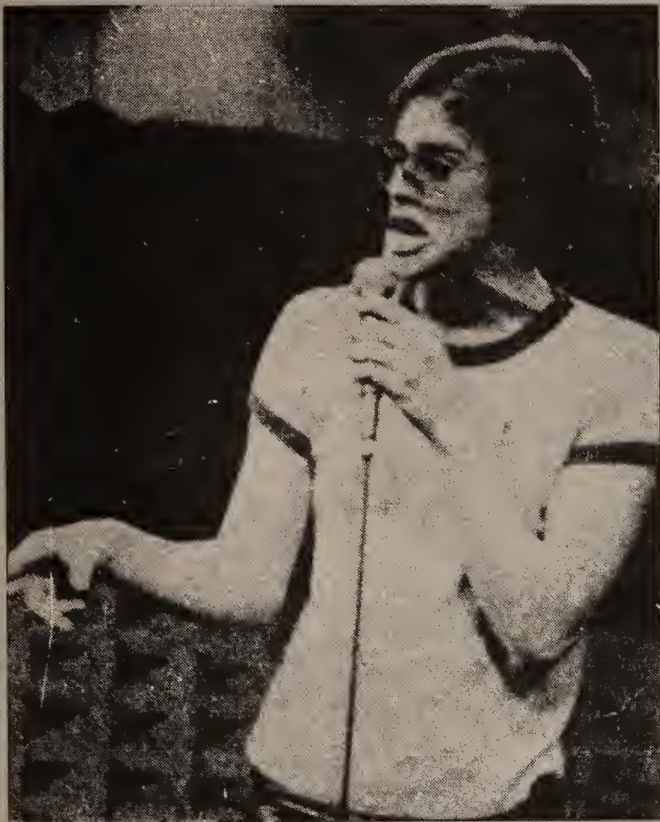
Completed waiver forms and proof of other coverage must be submitted to RWAM Insurance Administrators by this deadline. **NO EXCEPTIONS!**

Waiver Forms are available at the DSA Office.

For more information call the DSA Office at 748-5131.



Dumb or Dumber?



Retrospective — Jim Carrey, star of *Ace Ventura, The Mask* and *Dumb and Dumber*, was on campus at Doon filming a demo tape in November of 1982.

(Original photo by Blake Reiner)

Conestoga calendar included four areas of study in 1968

By Corey Jubenville

When the first students came to Conestoga on Jan. 8, 1968, tuition was only \$90, and the total fees paid to the college amounted to \$185. Today, the technology fee alone is more than the entire activity fee of \$35 was in 1968.

Estimates in the 1967-68 course calendar for books and material were between \$75-\$100. But students were responsible for their own Ontario hospital insurance coverage.

One way to explore Conestoga's 30-year history is to examine changes to programs. Some programs offered by the college, once considered modern, have become obsolete. In their place are newer, more modern courses and programs.

In Conestoga's first year, all full-time students were required to take a course called history and philosophy of art, science and technology.

The course was designed to "spark curiosity and stimulate research and establish an awareness of man's moral responsibility to man," according to the calendar. Today, students take a course on financial responsibility, according to the college's financial aid officer, Carol Walsh.

In 1968, the calendar contained four areas of study for students to choose from. The first was applied arts. This included communications, family studies, early childhood education and recreation. Today the applied arts program includes journalism, law and security administration and broadcasting.

The second area was business, including a general program, administration and executive

secretary. Now this program includes fields such as electronic office assistant, microcomputer software and computer programming.

The third part to the calendar was called extensions, and had programs such as preschool teaching and computers and farm operation. Today the course calendar lists a school of health sciences, which includes early childhood education, registered nursing and palliative care.

The last area included in the original calendar was technology, including architecture, drafting, electric and electronic engineering.

In 1997, technology includes fields such as environmental engineering, automated control systems, electronic engineering for computer systems and electronic engineering for telecommunications systems.

Changes to the original programs began soon after Conestoga's opening. *Twenty-Five Years of Education that Works*, a book chronicling Conestoga's history, lists changes to the college starting in 1972, when Ontario's first furniture-making facility opened.

This was followed one year later by the transfer of nursing education from hospitals to colleges. Also listed are the 1987 funding for a woodworking skills development centre, the 1988 establishment of a general arts and sciences program, co-op programs in 1990 and preparatory studies in 1991.

Today, college figures show full-time enrolment at around 4,500 and over 300 faculty members in these programs. Quite a change from the 188 full-time students the college had in 1968.

Doon's first employee: a man of many talents

By Pat Craton

Conestoga College's first employee is a man of many talents, judging from the variety of jobs he has held in his 30 years with the institution.

Dave Putt, director of physical resources, served as a teacher and an academic administrator, before being appointed director of physical resources in 1987.

Putt was hired by James Church, Conestoga's first president. Both Church and Putt were at the University of Waterloo at the time. Putt said when he heard of the new college, the thought of teaching there interested him. He later met Church in one of the hallways at the university and had a chat with him for about 20 minutes. It was on the basis of that chat that Putt was hired. This was in August 1967.

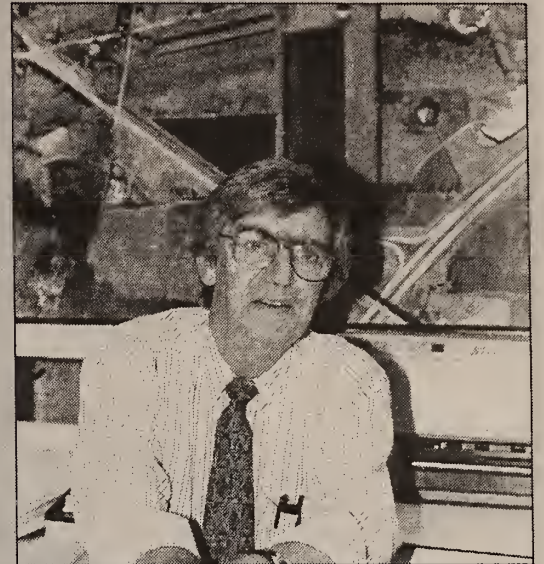
The biggest challenge which the new teachers faced was having to make up their courses, Putt said. "We spent weeks mapping out the first-year courses, then the second-year courses, then the third-year courses."

Conestoga was the last college to open its doors to students. The first lectures were delivered January 1968. Putt said every day, the teachers would get together to compare notes and to discuss what they were going to teach the next day. They would then write the notes and teach them the following day. It went on like that for the first year, Putt said. "It was hell on wheels for the first year."

In the second year, the courses continued to be developed in much the same fashion as the first year but after the third year, Putt said they had a good idea of where they were going.

The classes were held in 21 steel portables and were out in the middle of the woods, according to Putt. The portables had minimal insulation. They were cold in the winter and sweltering in the summer. "Also, you had to contend with the wild life — the ground hogs, the skunks and the squirrels," Putt said.

During the period 1967 to 1974, Putt said, he served as a faculty member, a program co-ordinator and a department supervisor. In 1975, he switched from teaching to management when he became chair of the electronic and electrical technology program. His role in management continued when



Dave Putt sits in front of an aerial view of the college taken in 1967. (Photo by Pat Craton)

he was made Director of Waterloo County in 1982 and then Director of the Doon campus in 1987.

It was in 1987 when the addition of the main building's C wing was being done that he was made director of physical resources. "After 20 years, I actually got a job that I was trained for as an engineer," Putt said.

Last year, Putt was back in the classroom teaching two courses — electrical design to third-year construction technology students, and a wine course to second-year students in the food and beverage management program — in addition to his job as director of physical resources. He will be teaching these courses again this coming year.

Putt said the years he spent teaching were exciting ones. "You were on the ground floor of something absolutely new. The first three years were probably more challenging than a faculty member today would ever face. And whether you were in a portable that was 90 F or being attacked by a crazy groundhog, the reward of developing meaningful notes and course outlines was something I would not have missed."

Kitchener Transit Student Bus Pass Package for Full-time Conestoga College Students

Unlimited Travel-
Valid September - December
4 months for only

\$164.00

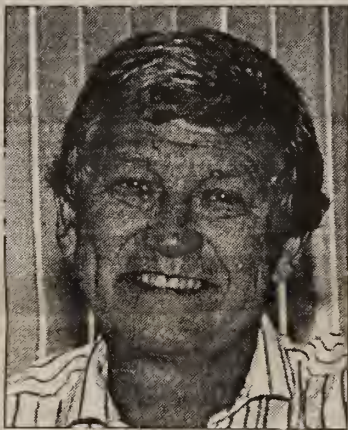
plus \$4 for Kitchener Transit photo ID Card

ON SALE
Tuesday, September 2
Wednesday, September 3
Monday, September 8
10 am - 2 pm, daily
Door #3 Foyer



Growth indicates Conestoga's success

Clow, who was manager at the Waterloo campus from 1985 to 1991, said he started teaching at the Waterloo campus in 1965, before Conestoga and its various campuses, were even assimilated as a college. Campuses in Waterloo, Stratford, Guelph and Cambridge were originally adult

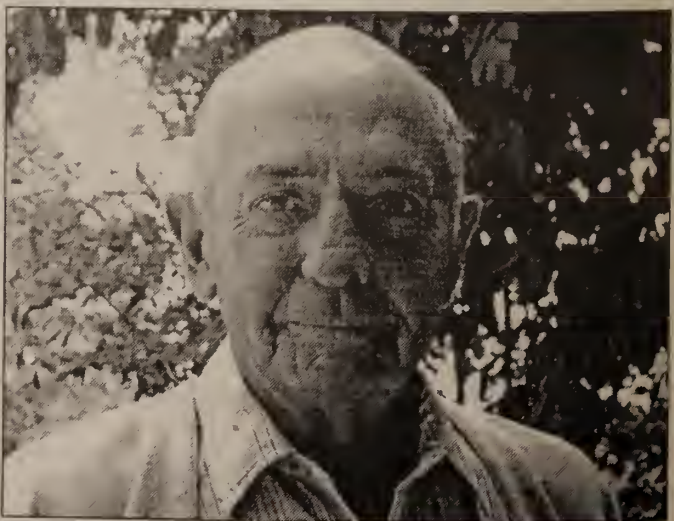


Clow said he had worked at the short-lived Harriston campus setting up continuing education

"It's been hard to see some very good teachers let go because of the cutbacks," said Clow.

While people wondered about the teachers, the students had no qualms about them. Hays said

Everything has become less personal, Hays said. "If the hippies could see what we are doing today, they would have quit."



(Photo by Pat Craton)



Before there was Rodeway, there was the Red Lion

By Ellen Douglas

Once upon a time, in the tiny village of Doon, there was a little inn with a big front porch called the Red Lion.

The Red Lion Inn was owned by Barney and Betty Brodecher (no connection to the Rubbles of *Flintstones* fame). For many years, it was a quiet establishment, mainly catering to artists who were taking classes at the nearby Homer Watson Gallery.

Then, in 1967, Conestoga College opened and the face of Doon was changed forever.

Many students at the new college came from far away and needed a place to stay. One of these students was Neil Aitchison, who is now a radio broadcaster at CKGL in Kitchener.

In a recent interview, Aitchison said he was the first Conestoga student to move into the Red Lion Inn. "It was hard to find places to live," he said. "A lot of the residents of Doon wouldn't open up their homes to students. They didn't like the idea of the college moving in."

Aitchison, who lived at the inn for his three years at Conestoga, said he paid \$12 per week to stay



Now a designated heritage building and antique shop, the former Red Lion Inn, located at 37 Pinnacle Dr., Kitchener, served as Conestoga's first student residence. (Photo by Ellen Douglas)

at the Red Lion. In return, the Brodechers had a maid come in to make his bed and clean.

"I told them (the Brodechers) that I knew a lot of out-of-town students and, since I was student president, they asked me to pick some nice boys to stay there," said Aitchison. "Soon there were 23 of us living there."

In 1968, Aitchison wrote a story about this new boarding house in the college's original newspaper, the *Conestoga Doomed News*. In the story he described the moving-in experience.

He wrote that many of the rooms hadn't been used in years; some resembled a biologist's experiment because of all the flies and ants

and even some roaches living there.

But, in spite of the initial shock of moving in, Aitchison said he spent three great years living at the Red Lion.

He said the boarding house held regular parties and it was a common stop for students living in and around Cambridge.

"The police only came once because of the noise," he said.

"In first year," he said, "classes didn't start until January, so we went to school through the summer to get caught up."

It was a fun time, said Aitchison, because in those days the house backed onto Willow Lake (the dam holding back the water for the lake has since broken).

"We would have barbecues and swim and float around in inner tubes."

The building was used as a boarding house until about 1977, but it had to be closed down because the new owner could not meet fire regulations.

Then, in 1979, Bill and Caroline Byfield bought the building and began renovating it to its original condition. The Byfields now live in the building, located at 37 Pinnacle Dr. in what is now Kitchener, and run their antique business from it.

"It was in bad shape when we bought it," said Bill Byfield. "It had been through a series of cheap renovations."

However, the Byfields' hard work paid off in the end. The former inn is now designated as a heritage building.

Flamboyant former instructor still dreams of teaching

By L.Scott Nicholson

With his hair unkempt and face unshaven, Bill Goldfinch teetered into the learning resource centre dressed in tie-dye pants, a beige golf shirt and no shoes.

Sweating and out of breath, with car keys in one hand and a liquor store bag in the other, the 76-year-old former Conestoga English teacher suggested the interview be held at "the farm."

"The farm," more commonly known as Everdale, is located 32 kilometres northeast of Guelph. Everdale was a free school, started in 1966, where Goldfinch eventually taught.

But Everdale was not the first teaching experience for the native of Conway, S.C. He began a 35-year teaching career in 1951. His first stop was Gordon Lee high school in Chicamauga, Ga.

Goldfinch said, "I was ready to quit at Thanksgiving that year, but after spending a weekend reading the Gospel of John with my very religious mother, I decided I could get control of my eighth-grade

class."

The following year, Goldfinch started teaching at McCallie high school in Chattanooga, Tenn. He spent two years at the school.

"Me and a friend went to chaperone a school dance all gassed up and we were with a couple of women who were thought to be kind of loose," he said. "The administration didn't like that too much so they asked me to leave."



Bill Goldfinch, Tennessee, worked on a master's degree in English at Columbia University and supply taught poor black and Puerto Rican boys at a Brooklyn school.

After spending the summer of 1968 in Ontario, Goldfinch began teaching at Everdale in 1969.

But 64 kilometres down the road in Kitchener a new community college was starting.

Regretfully, he said, Conestoga only hired him part time.

Consequently, Goldfinch divided his week, with two days at the college and three days at Everdale.

In 1970, Goldfinch was hired full time at the college but still had Wednesdays to devote to Everdale.

Everdale hit its peak in the early '70s, but, he said, division and fighting among the adults split the Everdale community apart.

By 1972, Everdale free school became more like a hippie commune, he said. He had difficulty keeping hormone-crazed adolescents interested in what he was teaching. "They were more interested in drinking, screwing and smoking pot," he said.

As his commitments to Everdale faded, Goldfinch spent the next 16 years of his life teaching at Conestoga's Doon campus.

Goldfinch was characterized by his Relevance of Shakespeare course, which had no formal tests. Instead, he said, he evaluated students success by how much they found out about themselves.

Perhaps Goldfinch's most noted trademark at Conestoga was the bike he rode through the halls.

Arthritic knees prevented him from getting around without it.

Another Goldfinch hallmark was his classroom, 2A65. The room was covered in cushions and logs and trees that grew up into the ceiling where the watermarks can still be seen today. "The place has lost some of its ambience," he said when he revisited the room this summer.

In 1986 Goldfinch was forced to retire because he had reached the age of 65. "I wasn't ready to go," he said. "I was just starting to hit my prime, I was getting really good at teaching."

He said he tried unsuccessfully to fight his forced retirement.

When Goldfinch retired from Conestoga, he and his third wife,

Christina John, held the mortgage for the buildings and property of the Everdale corporation.

In a last-ditch attempt to continue his teaching career, he offered the 20 hectares of the Everdale non-profit organization to Conestoga College. In return he would teach at the new free campus. However, his proposal failed, despite receiving a hearing from then-president Kenneth Hunter.

He said a free campus at Everdale would still be suitable for construction engineering and courses in environmental science.

Feeling the pressure of age and sensing that time may be running out for his Everdale vision, Goldfinch said, "Old men dream dreams, young men see visions."

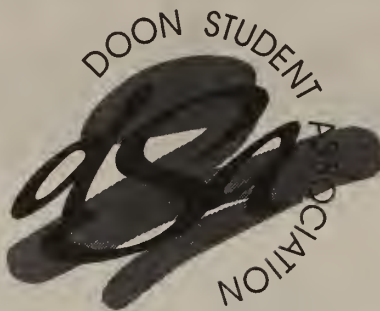
W.O.W.
BBQ & Free Concert
Hunnytruck & Killjoys
Wednesday, Sept. 3
11 am - 2 pm



The DSA Office Hours
Monday - Thursday → 9 am - 4 pm
Friday → 9 am - 2 pm
Closed Weekends

The Sanctuary Hours
Monday - Thursday → 7 am - 7 pm
Friday → 7 am - 5 pm
Closed Weekends

DSA Important #'s
Phone: 748-5131
Fax: 748-6727
Hotline: 748-5220 ext. 8DSA
E-mail: listen@doonsa.com
WWW: www.doonsa.com



What is the Doon Student Association?

The Doon Student Association provides services and organizes activities for the students at the Doon Campus. The DSA represents the voice of the students to College Administration on issues affecting policy and/or education. All full-time students at the Doon Campus are members of the Doon Student Association (DSA).

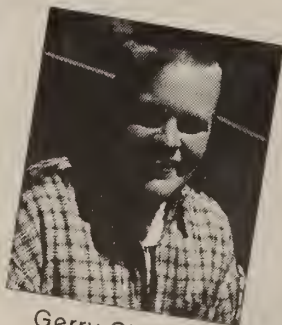
How is the Doon Student Association Funded?

The DSA is funded through a compulsory student activity fee of \$54.40 paid by all full-time students of Doon Campus. The fees are collected by the College on behalf of the DSA.

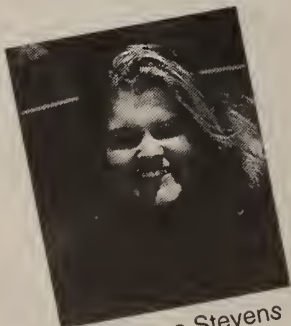
Mission Statement

The DSA is committed to addressing the issues that concern the membership, while providing opportunities for social and educational advancement for all members.

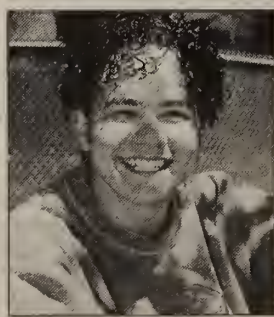
Meet the DSA Executive Committee



Gerry Cleaves
Vice President
of Student Affairs



Johanna Stevens
Vice President of
Operations



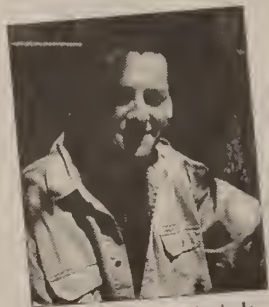
Chris Kroeker
President



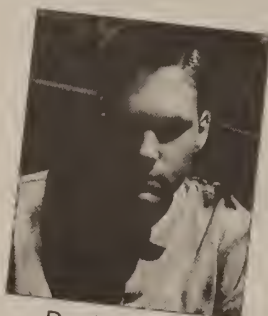
Thomas Muller
Education and
Communications
Co-ordinator



Steve Harris
Entertainment
Manager



Bryan Bambrick
Promotions Assistant



David White
Promotions Assistant



Vicky Lichty
Administrative Assistant



Becky Boertien
Director of Student life

Contact the DSA for more information on DSA activities,
services or opportunities to volunteer

Telephone: 519-748-5131 Fax: 519-748-6727 information hotline: 519-748-5220 ext 8DSA
e-mail: listen@doonsa.com WWW : www.doonsa.com

Week Of Welcome

DOON STOCK

WoW '97

Tuesday Sept. 2
11:30am

Free Nooners
The Sanctuary

Featuring comedian Rick Bronson. "Madness, Mirth and Mayhem". These words accurately describe the fast-paced high energy expedition Rick directs into his crazy world of entertainment.

Thursday Sept. 4
1:00pm - ?

Cliff's September Blast & Sports Day
The Roost

Free entertainment featuring Riverworks. Volleyball and Slo-pitch. No pre-registration required just show up!

Wednesday Sept. 3 **Week of Welcome BBQ**
11:00am - 2:00pm **Outside by the Pond**

Free entertainment featuring Hunnytruck and Killjoys BBQ lunch for only \$2.00. Free if wearing WOW t-shirt that was included in the WOW kit (order at DSA office). Giant twister, water games, great prizes and more.

Friday Sept. 5 **"Smart Ways to Use Your Brain"**
11:30am - 1:00pm **The Sanctuary**

How come we spend so much time learning how to use a computer and hardly any time learning how to use our brain? At this workshop you will learn smart ways to use your brain.

Monday Sept. 8 **Psychic - Dan Valkos**
11:00am - 1:00pm **The Sanctuary**

Find out what the future has in store for you!

Tuesday Sept. 9 **Talk Sex with Sue Johanson**
11:00am - 1:00pm **The Sanctuary**

Have all your questions about sex answered in this informative session.

Tuesday Sept. 9 **Outdoor Movie** • **Featuring one of this summers**
9:00pm **Outside the Roost** **'Blockbuster Hits.**
Bring lawnchairs, blankets -- Tickets \$2 at the DSA office.

Wednesday Sept. 10 **WOW Concert**
8:00pm **the Recreation Centre**

Featuring "Big Sugar" Ticket information available at the DSA office. All ages concert.

Thursday Sept. 11 **Afternoon in the Lounge**
11:am - 1:00pm **The Sanctuary**

Movie presentation featuring another Blockbuster hit!

Thursday Sept. 11 **Camp Out**
6:00pm **by the Tennis Courts**

Pack your camping gear for a night out under the stars. Register at the DSA office.

Friday Sept. 12 **Golf Tournament**
1:30pm tee off **Doon Valley Golf Course**

\$25 entry fee/person. Register by Tuesday, September 9th, in the DSA office. Teams of 4.



Athletics and Recreation Fall 1997 Community Programs

Adult Programs

Adult Indoor Rollerblading - #90385600

Whether you are a beginner or would like to continue blading, you will be taught skills for turning, forward and backward skating, braking, and other techniques for rollerblading. Safety will also be emphasized throughout the program.

#of Weeks: 5 weeks \$73.00
Date: Sept. 14
Course Location: K.E. Hunter Recreation Centre

Adult Powerskating - Beginners - #90357300

Do you want to improve your skating skills for the upcoming season? Join us for this one, for some pre-season conditioning to help develop balance, power, speed and agility.

#of Weeks: 4 weeks \$68.20
Date: Sept. 7 2:00 pm-3:00 pm
Course Location: K.E. Hunter Recreation Centre

Adult Powerskating - Intermediate - #90357400

Do you want to improve your skating skills for the upcoming season? Join us for this one, for some pre-season conditioning to help develop balance, power, speed and agility.

#of Weeks: 4 weeks \$64.20
Date: Sept. 7 3:00 pm-4:00 pm
Course Location: K.E. Hunter Recreation Centre

Badminton Night - #90385200

Come out for an enjoyable evening with the family. Badminton can be enjoyed by all members of the family. Racquets available for \$1.50 rental fee.

#of Weeks: 6 weeks \$18.00
Date: Sept. 12 7:00 pm-9:00 pm
Course Location: K.E. Hunter Recreation Centre

Basketball Coaching Clinic - #90385000

Join our skilled instructors and learn how to get the most out of your team. Instructional and video presentations will be utilized.

#of Weeks: 1 day \$28.00
Date: Sept. 20 1:00 pm-4:00 pm
Course Location: K.E. Hunter Recreation Centre

Boxersize - #90385100

5 weeks of intense enjoyment. Great way to get fit and have fun!

#of Weeks: 5 weeks \$75.00
Date: Sept. 16 7:00 pm-8:00 pm
Course Location: K.E. Hunter Recreation Centre

Introduction To Hiking - #70512304

Prerequisite: No previous experience is required; however, wilderness camping experience would be an asset.

This is an introduction to travelling responsibly in the backcountry.

Students will learn the basics of clothing and footwear selection, stoves, water treatment, human waste management, route finding, conservation practices, and proper safety precautions.

We will then spend a day hiking in the beautiful Kolapore Uplands practising our new skills.

All technical equipment will be supplied. Students are expected to provide appropriate clothing and footwear, and transportation to and from the course location.

#of Weeks: 2 days \$155.15
Date: Oct. 18 Time to be arranged with Coordinator

*Course Location: Kolapore Uplands - Near Collingwood

Introduction To The Vertical World - #90132904

This course presents the fundamentals of technical rock climbing in a logical, easy-to-understand progression.

Instruction includes techniques for belaying, rappelling and top-roped climbing on easy to moderate rock.

This introduction to climbing provides a solid foundation of understanding upon which to build more advanced rock and ice climbing skills.

All technical and safety gear will be supplied. Students are expected to provide their own transportation, appropriate clothing and lunches.

#of Weeks: 1 day \$155.15
Date: Sept. 27 Time to be arranged with Coordinator
Rattlesnake Point, Milton

Tai Chi - Beginner - #90385500

Join our instructor as he introduces you to the gentle relaxing form of Tai Chi. Through this gentle form of oriental exercise and meditation, Tai Chi will help you improve your strength, flexibility, mental awareness, and your overall fitness level.

#of Weeks: 6 weeks \$73.00
Date: Sept. 13 10:30 a.m. to 11:50 a.m.
Course Location: K.E. Hunter Recreation Centre

Wilderness Navigation - #90133003

This course is for anyone who travels in the out-of-doors, whether it be day trips or multi-day excursions.

You will learn how to read and interpret topographical maps, terminology, grid and magnetic bearings, magnetic declination and resections. Then we will spend a day in the field putting our new skills to the test.

Students will receive their own topographical map. Case and compasses will be available. Students are expected to provide appropriate clothing, and transportation to course location.

#of Weeks: 2 days \$155.15
Date: Oct. 25 Time to be arranged with Coordinator
Course Location: Kolapore Uplands - Near Collingwood

Yoga For Beginners - #90385400

Join our certified instructor as he introduces you to Yoga. The program is open to men and women of all ages. It will teach you how to relieve stress through various techniques and methods of relaxation.

#of Weeks: 6 weeks \$73.00
Date: Sept. 13 9:00 a.m. to 10:20 a.m.
Course Location: K.E. Hunter Recreation Centre

Children's Programs

Fall Youth Bodychecking Clinic - #90356500

Course Admission: For ages 7-12 years.

Don't miss this one-day clinic! Limited enrolment. Join our instructors as they teach proper bodychecking techniques with 50 minutes of on-ice practice and instruction and 30 minutes classroom instruction.

The sessions will be divided by age groups, as well as size and weight.

Note: All participants must wear full equipment including C.S.A. approved helmets with C.S.A. approved face masks and must bring a hockey stick for the on-ice session.

#of Weeks: 1 day \$20.00
Date: Sept. 7 11:30 am -1:00 pm
Course Location: K.E. Hunter Recreation Centre

Fall Youth Stick Handling Clinic - #90356400

Course Admission: For ages 7-12 years.

Be sure to register for this one as enrolment is limited. A one-day clinic will be offered with

excellent instructors who will teach the proper techniques of stick handling.

On-ice instruction will provide drills and time to practice various stick handling moves.

The session will be divided by age groups. A great time to enrol and practice some new skills before the hockey season begins.

Note: All players must wear full equipment, including a C.S.A. approved helmet with C.S.A. approved face mask. Bring your hockey stick.

#of Weeks: 1 day \$25.00
Date: Sept. 6 9:30 am-12:30 pm
Course Location: K.E. Hunter Recreation Centre

Kinderskate - #90356800

Course Admission: For children ages 3-5 years.

This learn to skate program is designed for toddlers to teach them the basics of ice skating.

Note: All skaters must provide and wear a C.S.A. approved hockey helmet.

#of Weeks: 5 weeks \$79.00
Date: Sept. 30 4 - 4:50 p.m.
Course Location: K.E. Hunter Recreation Centre

Men's Basketball Skills Clinic - #90384900

Course Admission: If you are looking to improve your skill level this is a clinic for you. Emphasis on offence and defence. Day is divided into two sessions with a one hour lunch break. (Lunch not provided.)

Age 12-15 years, Age 16-19 years
#of Weeks: 1 day \$45.00
Date: Nov. 1 9:30 am-2:30 pm
Course Location: K.E. Hunter Recreation Centre

Women's Basketball Skills Clinic - #90384800

If you are looking to improve your skill, this clinic is for you. Emphasis on offence and defence. Day is divided into two sessions with a one hour lunch break.

Course Admission: Ages 12-15 years, Ages 16-19 years
One-day Clinic 9:30 a.m. - 11:30 a.m. Lunch 11:30 a.m. - 12:30 p.m. 12:30 p.m. - 2:30 p.m.
#of Weeks: 1 day \$45.00
Date: Sept. 13 9:30 am-2:30 pm
Course Location: K.E. Hunter Recreation Centre

Youth Karate - #90385300

Course Admission: Ages 7-13 years

This program will provide girls and boys with an opportunity to learn the skills for progression in this sport.

This program is designed for the beginner. Through this ancient art participants will learn discipline, respect and self-defense techniques.

#of Weeks: 6 weeks \$75.00
Date: Sept. 13 1:00 pm-2:00 pm
Course Location: K.E. Hunter Recreation Centre

Youth Powerskating - #90356700

Course Admission: For ages 7-14 years.

Improve your skating skills for the upcoming season for select and house league players as well as ringette players.

This program will help the skater develop balance, combined with agility and forward and backward speed.

Note: All children must wear full equipment, including C.S.A. approved helmets with C.S.A. approved face masks.

#of Weeks: 4 weeks \$30.00
Date: Sept. 7 10 - 11:50 a.m.
Course Location: K.E. Hunter Recreation Centre

For more information regarding these programs please call the Recreation Centre at (519) 748-3512.

Athletics and Recreation

Intramurals/Varsity/Employment

1997-98 Intramural Schedule

Note: Your team must have a captain or representative at the Captains' Meeting.

Session 1

Activity	Sign-up	Captains' Meeting
Co-ed slo-pitch	Sept 2 - 10	Wed., Sept. 10, 5 p.m. Rec Centre
Touch Football	Sept 2 - 10	Wed., Sept. 10, 5 p.m. Rec Centre
Tennis Tournament Date Mon., Sept 15	Sept 2 - 10	Mon., Sept. 22, 5 p.m. Rec Centre
Extramural Men's Fastball Tournament on Oct.10 (all day)	Sept 2 - 10	Tryouts on Sept. 18 and 25, Oct. 2 and 7

Session 2

Activity	Sign-up	Captains' Meeting
co-ed volleyball league	Oct. 6 - 15	Wed., Oct. 15, 5 p.m. Rec Centre
non contact ball hockey league	Oct. 6 - 15	Wed., Oct. 15, 5 p.m. Rec Centre
contact ice hockey	Oct. 6 - 15	Wed., Oct. 15, 5 p.m. Rec Centre
co-ed indoor soccer	Oct. 6 - 15	Wed., Oct. 15, 5 p.m. Rec Centre

Session 3

Activity	Sign-Up	Captain's Meeting
co-ed basketball	Jan. 5 - 14	Wed., Oct. 14, 5 p.m. Rec Centre
co-ed volleyball	Jan. 5 - 14	Wed., Oct. 14, 5 p.m. Rec Centre
men's volleyball	Jan. 5 - 14	Wed., Oct. 14, 5 p.m. Rec Centre

JOBS! JOBS! JOBS!

Looking for work? There are many part-time jobs at Conestoga College that can earn you extra money and provide learning experience. Athletics and Recreation Department jobs available are as follows:

- Scorekeepers
- Timekeepers
- Intramural Referees
- Student team managers
- Videographers
- Photographers
- Receptionist
- Concession booth attendants
- Maintenance Staff
- Fitness Instructors
- Sports lounge serving staff
- Athletic therapist

Just come on in and fill out an application at the Recreation Centre front desk. For more information call 748-3512.

Varsity Tryout Schedule

- Women's Soccer —
Coach Geoff Johnstone.
Tuesday, Sept. 2 at 4:30,
Soccer Field
- Men's Soccer —
Coach Geoff Johnstone
Tuesday, Sept. 2 at 4:30,
Soccer Field
- Women's Softball —
Coaches Yvonne and Brian Broome
Tuesday, Sept. 2 at 4:30
Diamond 1 and 2
- Men's Hockey —
Coach Kevin
Monday, Sept. 8 at 5:00
Recreation Centre



Extramural co-ed volleyball and contact hockey tournament
date: Friday February 6 (all day)



New computer lab at Doon campus expands Internet access for Conestoga students

By Lisa Roberts

A new computer lab to open in September will provide full-time students at Conestoga College with Internet access on its 60 computers.

The Internet Resource Centre is expected to open by Sept. 9 and the hours of operation will be from 7:30 a.m. to 11 p.m.

Doon Student Association president Chris Kroeker said he hopes computer services

will expand throughout the years at Conestoga.

"We don't want to put too much on the plate right now," Kroeker said. "We want to get this lab up and running first."

The new lab has been set up to meet student needs for an open lab with no scheduled timetables, according to Grant McGregor, principal at the Doon campus. It will have World Wide Web access and won't be used for teaching practices. The lab has

been designated for full-time students only, while continuing education students will be able to use a designated lab twice a week during the evenings.

A Technology Enhancement Fee brochure, available at the DSA office, confirms the rumor that students will be given individual identification numbers for Internet access. The technology fee will be used to provide the school with the latest computer equipment and software.

"Students will be able to see immediate and visible benefits this way," McGregor said.

The new lab will have full multi-media apparatus, McGregor said, including CD-ROM and academic software.

There will be certain protocols for the lab, Kroeker said. Some will involve policies and procedures for the length of time students are allowed on the computers so everyone has a chance to go online.

Ideally, Kroeker said, access should be restricted to the new Internet Resource Centre and the Owen Lackenbauer Literacy Lab to keep students from being distracted.

Kroeker also said it would be nice to access the Net at any computer on campus, but restrictions are necessary for now.

"We're afraid some students might abuse the privilege," he said.

A site committee has been set up to deal with issues regarding the new lab, such as the number of students allowed in the lab.

The site committee is made up of four students and two administrators, including McGregor. Kroeker is the chair of the committee.

"The committee was designed that way because this is a student lab," McGregor explained. "The committee will deal with the more mundane issues, potentially, how do we manage the number of hours people get in there, and so forth."

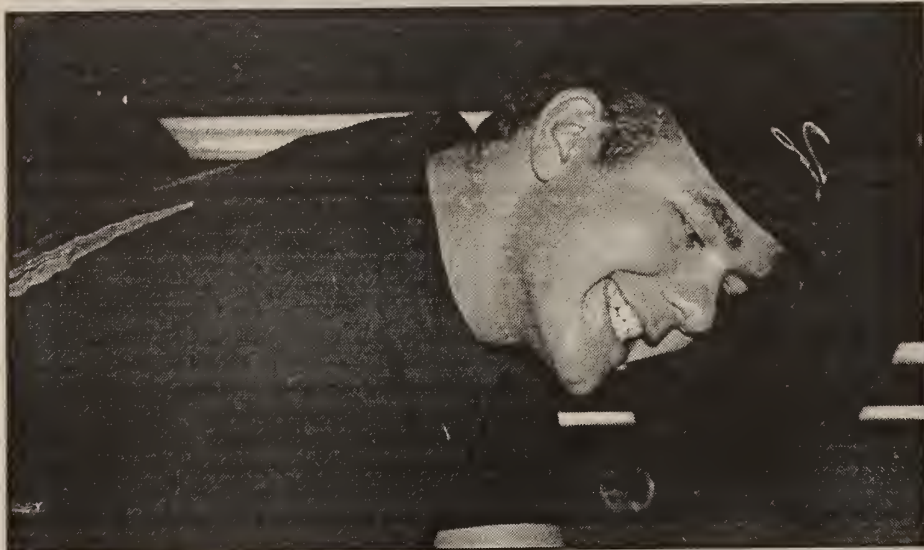
McGregor said he was particularly concerned with the issue of how many students are allowed in the lab at a time.

"If you're doing a story on X or Y, you're going to want to do some background research on the Net," McGregor said. "That, to me, is the primary issue."

Students will need to get into the lab to finish their work, McGregor explained, and won't be able to do so if all stations are being used for computer games. Designations will be in place by the site committee to protect student ability to do their work.

"Initially, we're going to have a student tutor in there," McGregor explained. "Hopefully, that person will be able to help with Net issues, such as, 'How do I look up this site?'"

The association has been trying to come up with ideas, such as brochures or posters on what was done over the summer, to inform students about computer services progress.



DSA president Chris Kroeker is pleased with the addition of the new computer lab, located in room 2A11-3. Access is limited to full-time students only.

(Photo by Lisa Roberts)

Racism and pornography on the Net

Administration concerned with availability of offensive Web sites

By Lisa Roberts

Students and administration at Conestoga are concerned that the expanded access to the Internet at Doon campus will result in students accessing offensive Web sites that are pornographic and racist.

Doon campus principal Grant McGregor said he feels there is no reason for students to access these sites.

"I do not believe that student and public funding was designated to give people access to pornography," McGregor said.

Doon Student Association president Chris Kroeker also expressed concern with what could be viewed on the Net by Conestoga students in the new labs that have Internet access.

"Pornography and racism don't need to be accessed at school," Kroeker said.

The point isn't censorship as much as the need to access pornography and hate groups on the Net, McGregor said. There seems to be a fine line between provision of these sites and censorship.

"For example, if someone were writing an article on pornography, there's a legitimate academic need to go through that material," McGregor said.

The concept of policing students to keep them from accessing this material is almost impossible, he said, but students researching such material will be allowed to access these sites on a one-off basis.

"If there was a very specific academic research reason, why not?" McGregor asked. "Then, we're not stifling free inquiry."

Kroeker said the issue of accessing porno-

graphic and racist sites needs to be looked at on an individual basis. He suggested a research project by journalism students would be one example where students might require access to this material.

"This needs extensive research," Kroeker said. "We want to watch and make sure nothing dangerous happens."

Jeff Keegan was a student tutor in the spring semester in the Owen Lackenbauer Literacy Lab. There are warnings posted in the lab asking students not to access pornographic or racist sites.

A graduate of the woodworking technology program, Keegan said the procedure to monitor students in the literacy lab was to walk around and make sure nobody was accessing these sites. If a student were to be caught doing so, the student tutor on duty

would report the incident by giving the student number to Myrna Nicholas, acting peer co-ordinator.

"I think we're then supposed to ask the person to leave," Keegan said.

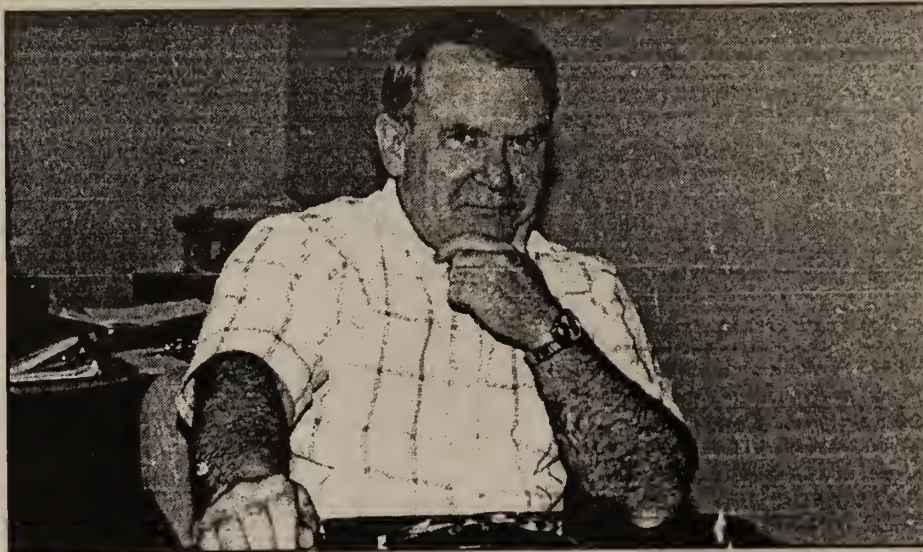
Although students were expected to follow the policies of the literacy lab, Keegan said he has never personally encountered

anyone accessing pornography or racism on the Net. As far as potential research projects involving such material, Keegan said the policy involved consulting with Nicholas.

"We're (student tutors) not given the authority to approve something like that," Keegan said.

The issue of racist Web sites is not as easy as pornography, McGregor said.

"The denial of access to racism is very dif-



Grant McGregor, principal of the Doon campus of Conestoga College, is concerned with the possibility of racist and pornographic Web sites accessed in the new lab.

(Photo by Lisa Roberts)

ficult," he said. "Technically, and I can ask the technicians, I'm not sure that it's possible for us to do that."

To deliberately deny access to racist sites could be a big problem for administration, McGregor said.

"I think it's an issue for service providers, like America OnLine," he said. "What do they do to balance this off without being seen as the purveyors of racism? They've got an issue."

Conestoga doesn't have to face that same issue because it's not servicing Web sites, according to McGregor.

Certain American programs called "Net Nannies" prevent objectionable Web pages from being screened by installing secret passwords. McGregor said Conestoga has not looked at any of these programs.

"The problem with these is you have to specify which things are excluded and that becomes a continuous job," said McGregor.

Conestoga's Web committee, chaired by Jennifer Leith, student recruitment and admissions, has well-established protocols instructing page builders how to get online, McGregor said. Anything sanctioned and put forward goes through the committee who would put a stop to offensive material that is racist or pornographic. The committee cannot, however, stop students from going to service providers and setting up their own Web sites that may contain offensive material.

"They can put up whatever they want and establish links to our site," McGregor said. "We can't stop someone from linking on to ours."

If a student decides to set up or link an offensive site, he said, the Web committee and administration can only offer moral persuasion not to carry out this activity. It is up to the student to censor what is acceptable and what is not, McGregor said.

"I do not believe that student and public funding was designated to give people access to pornography."

-- Grant McGregor

Students will need ID to access Internet this fall

By Jeannette Altwegg

Individual security in the new Internet labs at Conestoga College will be ensured through student identification passwords.

Students won't be able to access the Internet without a personalized password. This will allow administration to check whether students have sent out information which could be harmful to other people or the college.

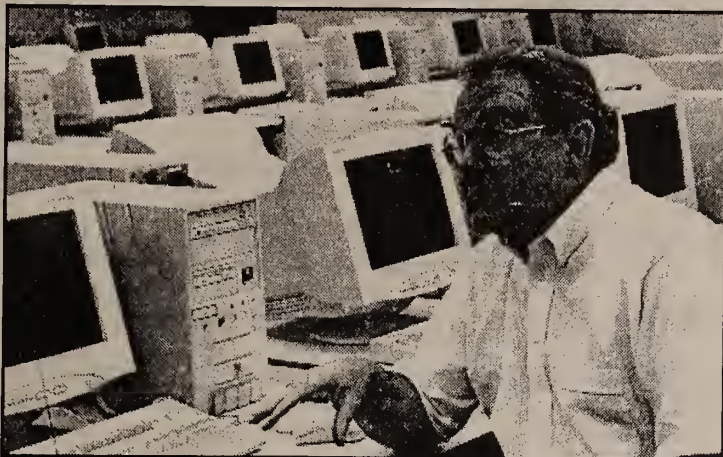
Personal ID's will also make sure students cannot log on to the Net using another student's password.

Grant McGregor, Doon campus principal, admitted that the college is new at using the Internet for study and instruction and that he has looked to the policies and practices of other colleges and universities for guidance in providing individual security on the Net.

He said that the best way to learn about this is to let other people do the groundwork for you and see whether it works for them or not.

"It's a fun game," he said. "The technology is changing right under your chair. Hopefully in students' time here they'll see some real improvements."

A site committee, chaired by Chris Kroeker of the Doon



Grant McGregor, principal of Doon campus, explains some of the new procedures of the new Internet lab.

(Photo by Jeannette Altwegg)

Student Association, will be in charge of lab access for students, while web access will be monitored by a web committee.

The site committee is composed of four students as well as two administrators and will be in charge of such mundane issues as managing accessibility to the new labs, McGregor said.

Academic and technical responsibilities, such as downloading images, are monitored by the web committee, chaired by Jennifer Leith, associate registrar at the Doon campus. The committee will

establish the standards for aesthetics and things like what graphics will look like, McGregor said.

When asked how the college will prevent students from using the Net to produce or access pornographic or racist material, McGregor said that the administration at the college is unable to censor the Net. The college can only sub-censor by erasing or denying access to binary groups like pornographic sites.

By teaching students to understand what kind of forces are out there, college administrators hope

that students can be adult enough to edit their own activities involving the Internet, McGregor said.

McGregor said there is a distinction between what the college provides access to and the concept of censorship.

"We're not in the business of censorship," said McGregor. "It's a very fine balancing point."

Although the web committee will be monitoring input to the Internet by students, it will be difficult to deny students access to questionable material or to prevent them from making up their own web sites on the Internet, said McGregor.

However, any sort of official material that comes to Conestoga's web and is sanctioned will go through a set of established protocols, McGregor said.

Part of the new web protocol is that students will be given the individual ID numbers so that, if something is sent out, it can be traced to the person who sent it.

One of the primary issues the site committee is concerned with is that the Internet at Conestoga be used for educational purposes. Internet labs are reserved for Doon students because they are the ones paying the fees, said McGregor.

"I mean, this is an educational

institution, first and foremost," McGregor said. "Our provision of material on the world-wide web is to enhance student's education and student's employability."

McGregor expressed concerns he and Conestoga staff have concerning offensive material which would threaten an individual's security and rights on the Internet.

He does not wish to see students use the Internet to promote racial hatred among Conestoga students, for example.

McGregor also explained that the college used to have problems with people using games on the Internet. The college tried out a package which was supposed to lock out the games but it didn't work.

"There's no doubt about it that the amount of material available on the Internet is so vast that trying to police it becomes almost impossible," said McGregor.

McGregor said that it would be virtually impossible to stand over each student's monitor and check his or her every movement on the screen. Policing the Net, McGregor said, will be a difficult task, however, he also said that Conestoga has every intention of policing its own users of the Internet.

Continuing Education: Conestoga is now offering two new business courses for continuing education students via the Internet

By Jeannette Altwegg

Two new courses will be offered on the Internet in September as part of Conestoga College's continuing education program and more courses will be available next semester.

Introductory courses in macro economics and accounting will be offered through a consortium of 10 colleges throughout Ontario called Contact South, according to Andy Clow, chair of computer studies and part-time learning with the School of Business and Technology. These two courses will be offered from Algonquin College, Clow said.

Although these are the first courses to be offered via the Internet at Conestoga College, there are many Internet courses available already, Carolyn Dudgeon, manager of alternative curriculum delivery at Conestoga, said. "It's important for educational institutions and colleges to begin to offer this alternative to students."

Grant McGregor, Doon campus principal, is also optimistic about the Internet's future at the college. He suggested a course based on world events, for example, would be able to use the Internet to do up-to-date research on what's going on in international hotspots.

"What you're going to find, gradually, is that more teaching and more courses will demand research and more Internet components," said McGregor.

The courses being offered in September are advertised in the continuing education booklet as Conestoga courses under distance education, Dudgeon said, but in

reality they are being taught by instructors from participating colleges in the consortium. People who wish to take the Internet courses will be registered as continuing education students at Conestoga, however.

"Students will register through continuing education as they do now for every continuing education course," Dudgeon said.

Registration will take place the old fashioned way, said Dudgeon. This means that students will have to register at the college in person because computer registration is not available at the college yet. No home page has been set up at Conestoga for registration purposes.

A Sept. 2 deadline will be implemented for registration in the Internet courses which does not apply to the other continuing education applicants.

"Before we essentially took them (students) up to the last day," said Clow. "We can't with this type of course because Contact South people need to make a decision as to whether they want to proceed or not."

Each college has a number of courses, which are either general interest courses or certificate programs, that teachers have been working with on their own home pages, Dudgeon said. A common home page called First Clients for the courses offered via the Internet was set up and students will be accessing this home page through a program called the First Class Service Provider, said Dudgeon. Through this home page, students will be able to communicate with their teachers via the server through e-mail.



Carolyn Dudgeon, manager of alternative curriculum delivery at Conestoga College.

(Photo by Jeannette Altwegg)

Students need at least a 386 IBM compatible microcomputer with Windows 3.1 or better, and a modem with Internet connection, to take the course.

Students will attend a mandatory entry workshop for all distance education programs where they must provide their e-mail addresses to their instructor. This information is required so the instructor for the course will be able to communicate with each student.

At the workshop, students will

receive a startup package of information outlining course objectives, required assignments, and other essential information.

Clow admitted there may be a possibility that students could obtain unauthorized access to a course offered through the Internet but said that non-students wouldn't get anything out of it.

People may go through the course information on the web but, Clow said, without personal knowledge it will be worthless.

"What are you going to get from it if you're not registered?" Clow asked.

Preventative measures such as codes or passwords for some programs will be put in place, however, said Clow.

The Internet programs are essentially the same as the ones offered through continuing education where course delivery and material are concerned, said Clow. Notes, handouts and chapter assignments will be delivered through e-mail.

"You'll probably find they use the same textbooks," said Clow. "The course outlines are usually very much aligned in terms of what's done in regular classrooms."

Dudgeon added that there may be opportunities, possibly, in some courses, to chat with other students through the chat system. And students will certainly be able to e-mail the teacher.

Dudgeon said the Internet courses would be offered as an alternative for students who have night jobs and cannot take night school courses.

Clow agreed that all the college is doing is making it easier for students to take a course so they can work at it whenever they choose.

"They can do it in their home or wherever their computer is available to them," said Clow. "Twenty-four hours a day it's sitting there, waiting for them to work on it."

One of the major differences in the program evaluation is the examination. Students complete a final exam which the college offering the course sends to Conestoga, Clow said.

College life at your fingertips



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A Spoke supplement by summer semester Journalism 4 students



Landlord Tim Rovers prepares for students outside his house on Amos Avenue in Waterloo.

(Photo by Ross Bragg)

Tenants have rights

By Ross Bragg

Tim Rovers says if he were a student looking for a place to live, he would make sure he was going into the process with his eyes open.

Rovers, a landlord for three student houses in Waterloo, said his relationship with his tenants is always better when both parties understand each other's expectations.

Help in understanding these expectations and responsibilities is available at resource centres in the Kitchener-Waterloo area which aim at educating both parties about housing issues.

Waterloo Regional Community Legal Services, for example, provides general legal information regarding landlord-tenant matters. The Legal Resource Centre at the University of Waterloo also has legal information, and has specific experience with students.

Pawel Ratajczak, a student volunteer at the centre, said students are not always aware of their rights under provincial landlord-tenant legislation.

"Students don't often know that landlords can't ask them for damage deposits or key money," said Ratajczak. "The landlord can only ask for first and last month's rent and the landlord has to pay six per cent interest on that last month's rent."

One of the main reasons students visit the centre, according to Ratajczak, is concern over repairs needed to their units.

"The general upkeep of a rental unit is not the tenant's responsibility," said Ratajczak. "Under the law, the landlord is responsible for providing and maintain-

ing the premises in a good state of repair."

The rent review services office also provides a number of free services to potential renters.

Birgit Heilig, acting manager of the office, said anyone can call the office and find out what legal maximum rents can be charged for any rental unit in the region listed in their rent registry.

The office also helps to field general inquiries about the application of existing landlord-tenant legislation.

"Students in particular may be interested to know that when renting a unit where a kitchen or bathroom is shared with the owner, or the owner's spouse or children, neither the tenant nor the landlord is covered by the Rent Control Act," said Heilig.

She said that nobody can legally be turned down for a rental unit just because he or she is a student.

"That would be discrimination."

Heilig said that while the office deals with tenant and landlord disputes, preventative steps can be taken to head off landlord-tenant issues before they escalate.

"The best advice I can give is to try to clarify each part of the lease. If you have a question, try to clarify it. Try to understand what you are agreeing to."

"Know your landlord. Know what you're getting into, and spell out everything clearly right at the beginning," advises Rovers. "Finding a place to rent is not like buying a car. This place is your home and you want everything to go as smoothly as possible."

People to know

Students find help in all the right places

By Corey Jubenville

Going to college can be a difficult time for new students. You have to make your own decisions, and in order to make the right choices you need answers.

For students at Conestoga, there are a wide variety of services available. The following is a list of commonly used services and where to locate them.

The Registrar's office: Located in the student/client services building, this is the first place many new people go to.

This is where you pay your fees, obtain transcripts, add or drop courses, ask for appeals and get letters from the college.

"We deal with anything to do with your record," said associate registrar Janeen Hoover.

The office is open from 8:30 a.m. to 4:30 p.m., Monday to Friday.

"If a student has a problem, we try to identify it, then work around it," said Hoover.

Student services: Located in Room 2B02 in the main Doon building between the student employment office and Roasters, this is the place for students to go for counselling services regarding personal matters, financial trouble, stress and depression.

On an academic level, any student not performing at the level they want can get help, according

to counsellor Joan Magazine. Student services offers peer tutoring, time management, and help with study skills and test taking.

"Don't wait for a problem to build up before you come in," advises Magazine.

Academic administration: Located in Room 2A01, this is where students go to register or change elective courses. Exemptions from elective courses are also done here, according to general education and electives clerk Susan Davidson.

Academic administration is also the place where you can find Edith

Torbay, chair of the school of business, Andy Clow, chair of the school of business studies (computer studies) and part-time studies, and Joe Martin, chair of applied arts.

Security: Located in Room 2B16, this is where many people come looking for parking on-campus.

There is an annual rate of \$117, a designated annual rate of \$158, a semi-annual rate of \$67, a weekly rate \$9 and annual rate for motorcycles of \$26. Parking passes were to have been available from campus security since early August.



Associate registrar Janeen Hoover solves problems with student records.

(Photo by Corey Jubenville)

Doonstock '97 packed with fun

By Corina Hill

Big Sugar will perform Sept. 10 at Conestoga as part of Doonstock '97.

The concert will begin at 6 p.m. in the recreation centre. Ticket information is available in the Doon Student Association office located inside the Sanctuary.

The band is one of many that will highlight the Week of Welcome. WOW events occur in the first two weeks of school each September and are run by the DSA.

"Since some of the students are away from home for the first time, it is kind of a welcome to them," said Becky Boertien, director of student life for the DSA.

The first week of Doonstock kicks off Tuesday, Sept. 2 with comedian Rick Bronson in the Sanctuary. He will discuss Madness, Mirth and Mayhem from 11:30 a.m. to 1 p.m. as part of a free nooner.

On Wednesday, Sept. 3, the Killjoys will perform, along with Hunnytruck, at the Welcome Back Barbecue. From 11 a.m. to 2:30 p.m., students can play water

games, win prizes and listen to bands by the pond.

The cost will be \$2 for students, although if they are wearing a WOW T-shirt the event will be free. T-shirts are being sold along with other items as part of a \$34.99 WOW kit in the DSA office.

"We just want to get students involved and have fun; get them to be a kid again."

Becky Boertien, director of student life, DSA

On Sept. 4, Cliff's September Blast and Sports Day, hosted by the condor Roost and the DSA is being held at the Roost.

The 1 p.m. to 7 p.m. event will feature free volleyball and slo-pitch and a performance by the band Riverworks.

The second week of Doonstock will be kicked off by psychic Dan Valkos on Monday, Sept. 8, from 11 a.m. to 1 p.m. in the Sanctuary.

Sex expert Sue Johanson will be at the Sanctuary Sept. 9 from 11 a.m. to 1 p.m., answering questions that plague students and talking about acquaintance and date

rape. She is host of the Sunday Night Sex Show which airs on the Women's Television Network on a Sunday night radio show on Kitchener radio station CKGL (570) and AM640, Toronto.

"Sometimes the first year students are away from home and there's going to be a lot of new experiences that they might encounter," said Boertien. "The reason that we have Sue is to ensure that those students are well-educated on sex."

On Thursday, Sept. 11, camping enthusiasts are invited to spend an evening under the stars by the tennis courts. Students need to register in the DSA office to attend the free camp-out, which will start at 6 p.m. and end when students have to go to class.

Concluding Doonstock will be the annual Conestoga golf tournament at Doon Valley Golf Course. Tee-off will be at 1:30 p.m. for teams of four. Each player must submit a \$25 entry fee to the DSA office by Tuesday, Sept. 9.

"We just want to get students involved and have fun; get them to be a kid again," said Boertien.

College life at your fingertips

LRC open on weekends

By Sarah Smith

The learning resource centre will expand its hours this fall by opening Saturdays from 1 to 4 p.m., with limited service, making the centre available to students on both days of the weekend.

A changed bus schedule and provincial legislation on Sunday shopping changed student demands, said Cathy Potvin, co-ordinator of information services at the centre.

"When we first decided to open on the weekends, people wanted us open Sunday afternoons because they were generally working on Saturday," said Potvin. "The added thing, too, is that they have bus service on Saturdays now."



Jill Douglas, co-ordinator of the learning resource centre (left), and Cathy Potvin, co-ordinator of information services at the centre (right), demonstrate the CD-ROM available. (Photo by Sarah Smith)

Hours for the rest of the week will remain the same: Monday to Thursday from 8 a.m. to 7:30 p.m., and Friday from 8 a.m. to 4:30 p.m.

The centre has seen many changes since its opening in 1969. Potvin has worked there since 1979 and Jill Douglas, co-ordinator of the learning resource centre, has worked there since 1972. They said increased computerization has allowed students faster access to resources. About 45,000 books, 3,000 audio-visual tapes, 450 periodicals, government publications, technical catalogues, pamphlets and annual reports are catalogued at the centre.

The centre also has CD-ROMs available, such as EBSCOHOST Masterfile, which lists articles

from 1,000 U.S. magazines and journals. The centre will add a Canadian version of EBSCO-HOST this fall which will list articles from about 400 popular Canadian and U.S. magazines, with full text from about 70 of them.

For students unfamiliar with the centre, an information services desk is located near the entrance. Orientation sessions are also given to most new students, if arranged by their teacher.

"They're usually done class by class, because that way we can tailor it to the needs of the program," said Potvin. "We probably talk to 1,500 students each term."

The learning resource centre can seat 375 students. If students want a private workstation, they can use one of three quiet study rooms located near the periodical section.

"Naturally, the main area can sometimes get a bit noisy, but it's the only place where people can do group work, so we try to keep the study rooms very quiet, said Douglas. "They're very well-used. We didn't have them until a few years ago."

For those students interested in doing group work without disturbing others, seminar rooms are available, located beyond the audio-visual area. Students can book the rooms by using a binder.

"Students can work together there on group projects, for presentations, or they can practise there," said Douglas.

Audio-visual tapes are also available to students, and can be viewed by students on nearby carrels or used in class presentations.

"People can come in at anytime, but we recommend people book if they're using the audio-visual in a class situation and they want to be sure that they can access them," said Grace Carruthers, a library technician in audio-visual.

The centre also has a women's resource section containing material on women's issues.

Student services helps make life more bearable

By Allison Shadboldt

Counsellors are ready and willing to help students with any academic, personal, career and financial problems they may have during their years at Conestoga, say the staff of the student services counselling office.

"Our number one goal is to help students be successful at the college," said Roger Mainland, one of four counsellors at the Doon campus.

There are three female counsellors and one male counsellor, each qualified to give advice on a range of problems, said Myrna Nicholas, a student services receptionist.

Counsellors are available Monday to Thursday from 8:30 a.m. to 4:30 p.m. and Friday from 8:30 a.m. to 4 p.m. The appointments are free and last an hour. Students may book as many sessions as necessary, but those needing long-term counselling are often referred to community agencies like K-W Counselling Services, said Mainland.

Students can call extension 360 or 337 to make appointments, or make them in the student services office in room 2B02 between Doors 3 and 4 of the main campus building. Appointments are usually available within a day or two, said Mainland.

Students with specific problems may be referred to community agencies, such as sexual

assault centres and Alcoholics Anonymous, said Mainland.

Students who feel they are in a crisis or emergency situation can go straight to the office to wait for the next possible appointment, he said.

"We always manage to work them in. We never turn anyone away in crisis," said Elaine Brunk, a student services receptionist.

When students book appointments, they aren't asked for the details of their situations. "Sometimes they will say if it's academic, financial or personal," said Brunk, "but we don't ask because it is absolutely confidential."

Counsellors keep records of their sessions, but they are the only people permitted to access the information, Mainland said. The files are kept for seven years, but are never part of the student's academic records.

"It's important for students to realize that it (the problem) doesn't have to be earth-shattering," said Mainland. "A lot of students think they shouldn't be feeling this way and should be able to handle it. Whatever it is, just come see us and talk to us."

Students often book counselling sessions to discuss their career choices, said Mainland, particularly early in their Conestoga years. They want to be sure they have made the right decisions and that their career paths are clear, he said.

Individual peer-tutoring sessions are available to students.



"We never turn anyone away in crisis."

Elaine Brunk, student services receptionist

College health office, walk-in clinics offer medical help

By Erica Ayliffe

With none of Waterloo Region's 297 doctors accepting patients, Conestoga College's health-care services really come in handy.

The health and safety department, located by Door 3 across from Room 2B02, is open Monday to Friday from 8:30 a.m. to 4:30 p.m. There is a nurse on duty at all times.

Kim Radigan, the health, safety and environmental co-ordinator for the college, said this year Dr. Jodie Wang will probably be available Tuesdays and Thursdays from 9:15 a.m. to 11:15 a.m. Wang provides the same services as a family physician. She prescribes drugs, gives allergy and flu shots and checks blood pressure levels, to name a few. Flu vaccinations are free to students with asthma, diabetes and other

high-risk medical conditions. Otherwise, the shot costs \$10. Wang charges \$5 for doctor's notes.

When the doctor isn't on duty, the college's nurse, Trish Weiler, is available Monday to Friday from 8:30 a.m. to 4:30 p.m. Students needing first aid attention can walk into the office at any time. Weiler also gives out non-prescription drugs like Tylenol and Tums. Weiler and Radigan provide students with information on topics such as nutrition, eating disorders, sexually transmitted diseases, depression and stress. They also direct students to organizations outside the school that can help. Another health bonus at Conestoga College is the Doon Student Association's drug plan. The \$83 cost of the drug plan is automatically paid with tuition. Students

can opt out if they provide proof they are already covered under another plan. The plan pays for 80 per cent of prescription drugs, up to a maximum of \$2,000 per person. It also provides 20 per cent of eyewear and out-of-the country medical coverage. For an extra \$83 for September enrolments, \$55 for January enrolments and \$48 for February enrolments, students can add family coverage. For more information on the drug plan contact the DSA office in the Sanctuary or call 748-5131.

If you find you need a doctor's appointment when the college's doctor is off duty, or if you need emergency care, there are six walk-in clinics in Kitchener, Waterloo and Cambridge.

There are three Urgent Care Clinics in the area. K-W Urgent Care Clinic, is located at 385 Fairway Rd. S., across from the

Burger King by, Fairview Mall. It is open from 8 a.m. to 10 p.m. seven days a week.

People can go to the clinic for minor health concerns, first aid care and to obtain prescriptions. The clinic also treats more serious injuries which might require stitches and casts. It also provides physicals. No appointments are needed. The clinic can be reached at 748-2327.

There is also a K-W Urgent Care Clinic at 751 Victoria St., located in a plaza with a Taco Bell and a Pizza Hut. Its hours are the same and it can be reached at 745-2273.

The third Urgent Care Clinic is located in Cambridge at 350 Hespeler Rd. (624-2272). This clinic does its own blood work.

Another Cambridge clinic, which was scheduled to close in September, is at 725 Coronation

Bldv. Its hours are 8 a.m. to 10 p.m. Monday to Friday and 9 a.m. to 7 p.m. on Saturdays, Sundays and holidays.

A fifth clinic, The Doctor's Office, is located at 170 University Ave. W., across from the University of Waterloo. Its hours are 9 a.m. to 9 p.m. Monday to Friday and 9 a.m. to 3 p.m. on Saturdays. No appointment is needed. The clinic provides the same services as a doctor's office, and does its own blood work. The clinic can be reached at 725-1514.

Victoria Bruce Medical Centre is the sixth clinic, located at 809 Victoria St. N., Unit 7. It is open Monday to Friday from 8 a.m. to 9 p.m., and Saturdays and Sundays from 10 a.m. to 4 p.m. It provides the same services as the other clinics. The clinic can be reached at 570-0177.

College life at your fingertips

Rec centre and DSA joining forces

By Casey Johnson

Conestoga College's recreation centre is hosting several social events, in co-ordination with the Doon Student Association. The purpose of the partnership is to acquaint students with a new appreciation for the recreation centre.

The Kenneth E. Hunter Recreation Centre will host an outdoor movie, a concert featuring Big Sugar, a volleyball tournament and a camp-out, all in the first two weeks of the fall semester.

The centre's manager, Ian James, was the Commonwealth Games 1994 long-jump bronze medalist, a member of the Olympic track and field team in 1988, 1992 and 1996, and is an 11-time Canadian national long-jump champion.

James said he wants all students to know what the centre has to offer, adding that holding events there gives the centre exposure.

"Memberships have already been paid for, so why not take advantage of it," he said.

The centre, located at the first entrance off the Conestoga College Boulevard, has a workout gym with bikes, stairmasters, free weights, a universal total body system and other muscle training machines. The centre also has an Olympic-size ice arena, a double gymnasium, an indoor track, outdoor tennis courts, squash courts, a soccer field, a baseball diamond, volleyball and badminton courts, horseshoe pits, a 400-metre outdoor oval speedskating/running track and full change rooms with



From Left — Lynda Carmichael, Ian James, Paula Feddema and Marlene Ford demonstrate the various activities available at the recreation centre. (Photo by Casey Johnson)

showers and saunas.

There are also intramural sports for students that include co-ed slo-pitch, co-ed volleyball, co-ed basketball, touch football, men's ball hockey, co-ed indoor soccer, men's volleyball, contact hockey and fitness classes.

"The \$95 membership fee for the year is much cheaper than any local racquetball or fitness centre," said James, "so why not take advantage of it?"

The location is convenient, said James, especially for students with spares in the afternoons or who live in the nearby Rodeway Suites residence. Also, staff members provide information and assistance to people starting an individualized program, said James.

This year, the DSA and the centre have worked together to expose students to a better view of what the college and the centre have to offer, said Becky Boertien, student

life director for the DSA.

"It's at a better location than previous years. The movies will take place on the hills outside the Condor Roost Sports Bar. So, if anyone wants a drink, they can have one and enjoy the movie at the same time," Boertien said.

Schedules for events were to be mailed to students in years one and two in August. The schedules will run in Spoke, or can be picked up at the recreation centre.

Policy Changes

Time to butt out

By Hunter Malcolm

For new students starting their first semester, all of Conestoga's policies are new, but returning students will have to adjust to some policy changes.

Smoking's out, calling cards are in, and some students were even able to register by mail.

Students returning to the business and health programs may have been able to take advantage of the mail-in registration option, featured this semester.

Janeen Hoover, associate registrar for the college, said Conestoga expanded the mail-in registration to the business program after success in the health program.

"The mail-in registration worked well last year, so we decided to expand it this year," she said.

Hoover warned that this new system puts a lot more responsibility on the students in regards to registering for their program.

"It's up to the students to remember to get it done," said Hoover. "If they forget, they could jeopardize their placement in the program."

The most significant policy change will likely create a stir with returning students who smoke. The college will be implementing a smoking ban in front of Doors 1 and 5 of the main building at Doon.

Chris Kroeker, Doon Student Association president, said the college took the measures in order to clean up a few of the main entrances into the college.

"The cigarette butts, which inevitably end up strewn all over the place, reflect a bad visual image on the college," he said.

Door 3, also considered a main entrance to the college, did not have a smoking ban implemented since the bus stop is located at that door.

The ban was originally scheduled to take effect on Aug. 1, but due to delays in getting no smoking signs, the ban was to be delayed until Aug. 18.

Another new feature at Conestoga is a calling card vending machine brought in by the DSA.

The machine will be located in the Sanctuary and will provide cards in \$5, \$10 and \$20 denominations.

Kroeker said the cards would probably be popular with international students or with any student who is attending college away from home.

The DSA: What do they do, anyway?

By Jamie Yates

The Doon Student Association is a group of students representing the student body of Conestoga College.

Chris Kroeker, president of the DSA, says the group organizes events for students, listens to student needs and acts as a student voice to faculty.

The organization brings a variety of entertainment and issues to the student body, including bands, comedians, movies and awareness weeks, says Kroeker.

"We try to make college life as enjoyable as we can."

In the first and second weeks of September, the DSA is hosting an orientation week, called WOW Week, for students on the Doon campus. The theme for the event is Doonstock and will feature comedians, bands, and a barbecue. Big Sugar will be performing at the recreation centre Sept. 10. Tickets will be available at the DSA office.

Throughout the year, the DSA will host nooners, where bands and comedians perform in the lounge and awareness weeks, such as Safe Break, which encourages students not to drink and drive. The DSA also hosts Winterfest, a week of winter events, including a polar bear plunge in the pond and the annual golf tournament Sept. 12.

"We're all a team because we work together to get things done."

Chris Kroeker

Doon Student Association president



The DSA also organizes off-campus events such as concerts. Treble Charger played at Mrs. Robinson's in Kitchener last year.

The DSA offers such services as photocopyers, fax machines and resume printing in the Sanctuary. It also provides pool tables, a television, air hockey tables, a video game room and a Bell calling card machine in the Sanctuary. The organization also organizes a student food bank at Christmas and it helps students acquire bursaries.

The group is funded by fees collected from students. Throughout the school year most of the DSA staff works on a volunteer basis and they receive an honorarium for being involved. "It compensates for the time put in," says Kroeker. The president and the full-time staff are paid in the summer.

Kroeker says, as president, he is the main voice of the students when he meets with the college's administration. He also sits on

several committees such as the outdoor smoking committee and the board of governors. "We're all a team because we work together to get things done."

Gerry Cleaves, vice-president of student affairs, will be organizing awareness weeks and will work closely with the student drug plan this year, said Kroeker. The vice-president of student affairs and the president are elected for their positions in the spring.

Five other executives are hired. Johanna Stevens is vice-president of operations and works with finances and internal issues. Thomas Muller is education and communications co-ordinator. He deals with communication issues and with sponsors for funding or discounts for students.

Becky Boertien is director of student life, Steve Harris is entertainment manager and Vicky Lichty is the administrative assistant who deals with students in the office.

David White and Bryan Bambrick, although not executives, are promotion assistants who promote school events and organize in-school advertising.

Kroeker said the best way to join the DSA and get informed is to become a class representative. "Volunteering to come out to DSA events is a good way to get involved," he added. "I did it for my first year and I was a member on the board of directors." The board of directors is a group of students from different programs in the college who head the DSA.

"Get involved in whatever you can," said Kroeker. To become a part of the DSA executive, a student must apply after DSA elections in the spring. The student will be interviewed by current executives and faculty and possibly hired.

Kroeker said he loves being on the DSA. "It makes the year go by that much faster," he said.

To contact the DSA, students can go directly to its office located in the student lounge or Sanctuary, or call the DSA hotline at 748-5220 ext. 8372 or e-mail at listen@doonsa.com.

The DSA also has a web page in which students can go to find out about upcoming events. Also on the DSA web site, students are able to find out how to receive information packs and handbooks offered by the DSA.

College life at your fingertips

K-W area offers plenty of places to party

By Amy Sonnenberg

It's your first year of college; you're a stranger in a strange land. You see no more familiar faces, no more familiar places. Fear not, young frosh -- there are plenty of clubs in Kitchener-Waterloo to meet people and party hard.

If it's Friday night and you're into dance music, then The Lyric Nightclub at 122 King St. W., Kitchener, is the place for you, said general manager Ruben Salonga.

"In terms of the nightclub experience, we are the only real nightclub around" he said, because of the full light and laser show, giant screen and huge dance floor.

Women get in free during Hurricane Fridays. All men get in free before 10:30 p.m. and free afterward with their Student Price Cards, available at the bookstore. Otherwise there's a \$3 cover.

Drinks are cheap. Bar shots are \$1.75 until 11 p.m., and beer is \$1.75 all night.

All Request Obsession Saturdays play top-40 dance, just like Hurricane Fridays. However, bar shots and beer are \$1.75 all night and entrance is free with student ID. Otherwise the cover is \$2.

Also on Saturdays, the Lyric will give you and three of your friends \$7 towards a cab.

Thursday nights at The Lyric are a bit different, featuring live

entertainment.

Just down the street from The Lyric you'll find Club Abstract at 667 King St. W. Owner Mike Ibrahim, said, "It's more cutting edge here, a little different from the city." There is no top-10 gothic/industrial night where you'll hear bands like Ministry.

Thursday night, called Alien Airwaves, you'll hear Prodigy and The Chemical Brothers. Big A's Retro Experience is Friday night and Saturday night is new rock

"You'll find people who dress weird to jocks to rockers to alternative."

*Mike Ibrahim,
owner of Club Abstract*

and alternative.

Ibrahim said the best thing about Club Abstract is the variety of people. "You'll find people who dress weird to jocks to rockers to alternative," he said. It's that mix that the club loves best.

"We pride ourselves on being open to everybody" he said. "We're a gay-friendly, straight-friendly, just basically friendly, which makes a good melting pot, a good energy."

Ibrahim credits this open-mindedness for the lack of fights at

Club Abstract. "Out of all the clubs in the city, we probably have the least amount of violence," he said.

The Waterloo area has its share of clubs too. The Revolution located at 341 Marsland Dr., offers some variety to Waterloo.

Friday night is alternative and retro with CFNY and Danger Boy. Admission is free before 11 p.m. and free after 11 p.m. with student ID. Without ID you must pay \$4. Beer is \$1.75.

Saturday offers top-40 dance. Doug Barnes, manager of the neighboring Flying Dog, said the Revolution is considerably busy that night. A \$4 cover is in effect all night.

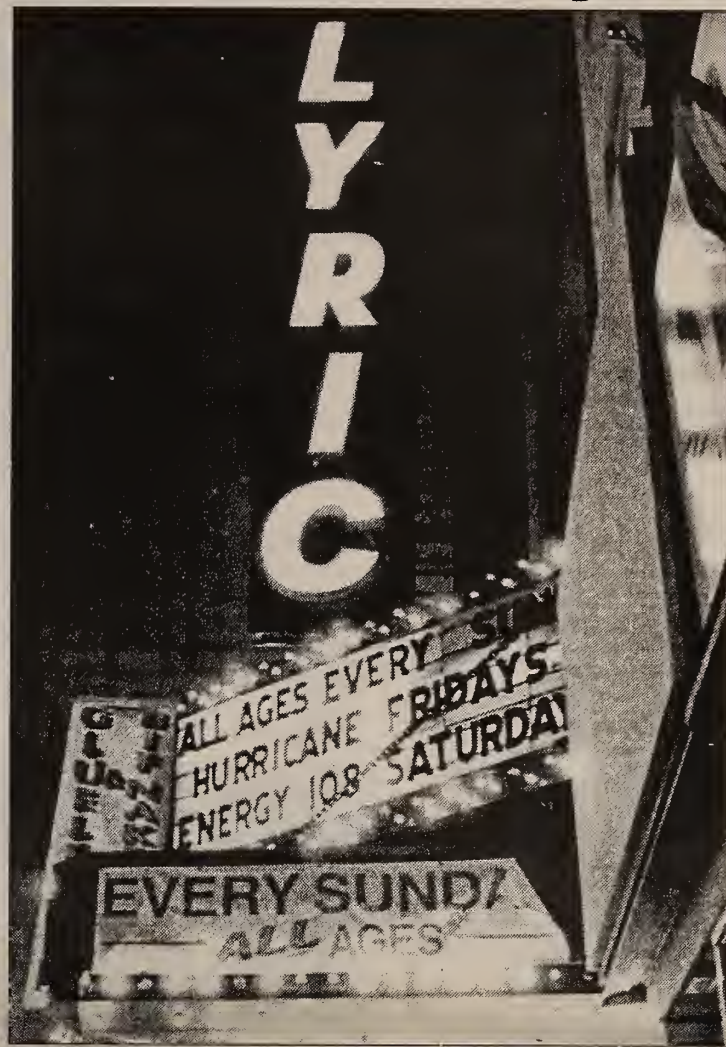
Saturday is also busy for the Flying Dog, according to Barnes. There is a patio which is open year-round, weather permitting, and there is never a cover.

Some other popular clubs in the area are:

Metropolis, featuring the only house music night and the only all-ages night in Kitchener. Located at 125 King St. W.

Whiskey Jack's at 1271 Victoria St. N., Kitchener, is a popular Conestoga hang-out on Thursday nights.

Loose Change Louie's has some surprises in store for this fall, so check them out. They're also a hot spot for Thursday nights, located at 140 University St. W., Waterloo.



The Lyric Nightclub at 122 King St. W., Kitchener, advertises its summer schedule. (Photo by Amy Sonnenberg)

Cappuccinos and cakes abound for cafe crowd

By Michelle Arruda

There is a European feel to Just Desserts on King Street in Kitchener. Painted murals on the ceiling are the piece de resistance of the establishment.

Allen Frektic, one of the co-owners, says Just Desserts is the place to go because it's close to City Hall, the dance clubs, King Street cinema and not far from the two Waterloo universities.

"Customers come here to relax

and enjoy two to three coffees in an easy-going atmosphere. Everyone's welcome," he says.

"Our cakes are the attraction. I don't see the competition even comparing to our desserts," says Frektic. "Our customers don't mind paying an extra 50 cents for our tortes and cheese cakes because our desserts are of the highest quality."

Although the dates are still being negotiated, Frektic said, Just Desserts will hold an art

show at the beginning of September.

Another place for coffee is William's Coffee Pub, at 198 King St. W., Kitchener, which is encased in wall-to-wall windows through which customers look out onto King Street.

William's caters to an eclectic crowd, from the City Hall employees to weekend club crawlers, says employee Matt Gidilevich.

"We are still one of the only cof-

fee shops/restaurants that can serve the downtown. People like to come here because it is a happy medium. It's not Coffee Time and it's not La Costa."

For a more decadent treat there is Cafe Mozart, at 45 Queen St., Kitchener or 38 King St., Waterloo. Customers here can enjoy specialty coffees and desserts.

"At Cafe Mozart, there is a more classical setting. The room is decorated with vases of flowers on

every table and hanging chandeliers. There is always soft music playing," says Sofia Brito, a Cafe Mozart employee.

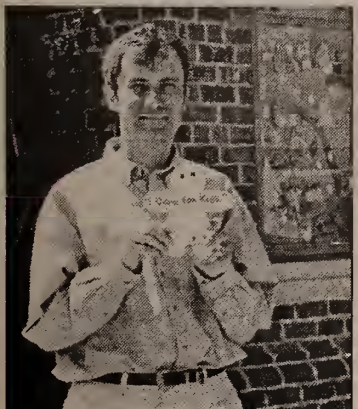
The last stop of this coffee adventure is The Blue Dog Bagel, at 150 University St. S., Waterloo. Beverly Grondin, the assistant manager, says everyone loves the friendly atmosphere, upbeat music and fun staff.

"It's not just about coming for a coffee and a bagel. It's more of an experience," says Grondin.

Various eateries on and off campus welcome students

By Rachel Pearce

The menu at Jack Astor's offers customers a wide range of foods, like nachos, pasta and steaks. It



Bill Hannan, general manager of Jack's Astor's (Photo by Rachel Pearce)

also offers some unique meals like Asian big bowl pasta—rice vermicelli with a lemon ginger broth, peppers and veggies, topped with tofu, chicken and a dumpling. Entree prices range from \$9 to \$20.

Bill Hannan, the restaurant's general manager, said he thinks Jack Astor's has been the busiest restaurant in the area since it opened May 5; exceeding all expectations. He said they have already begun to book Christmas parties.

Hannan would not say what he is planning for Oktoberfest this year, but he did say he wants other restaurateurs, who work for the same company, to join him at the restaurant to experience the German festival.

Hannan said he is thinking of

advertising in Spoke, and at Wilfred Laurier University and the University of Waterloo. He said he may offer financial inducements (coupons) to encourage students to visit Jack Astor's. The message, he said, is this: "Students and faculty are more than welcome."

Hannan also said he wants everyone to know that Jack Astor's is Canadian.

"Many people assume we are American because of our success and because we have restaurants in the United States," he said, "but we are Canadian owned, and we are taking over the U.S."

Jack Astor's may become a favorite place for you, but tastes vary.

Vicky Lichty, an administrative assistant in the Doon Student

Association, said she enjoyed the food at Jack Astor's, but she found the serving staff to be pushy. She said that, although they were very polite to her, different servers approached her seven times before she was ready to order her meal.

"Jack Astor's is pretty good," said Ries Dirksen, a 29-year-old robotics and automation student. "It's a good place to go with a group."

But, he added, his favorite place to eat is the Country Boy, at Manitou and Fairway roads, in Kitchener. He said the restaurant is in a very convenient place and he can get a decent meal for \$12.

Lisa Ashawasatai, 19, who is planning to come to Conestoga College in January to take general arts classes, said the food at Country Boy is good and fresh.

"You can watch them make it too," she said.

Chris Kroeker, 22, president of the DSA, said he was in heaven when he came to Conestoga College and found the Harvey's in the cafeteria. "I love Harvey's," he said. Kroeker added that he likes to go to Jack Astor's as well. "It's a fun place to eat," he said.

Third-year business management student, Susan Horvath, said she and her boyfriend like to eat at East Side Mario's.

"They have a lot of different stuff," she said, "and it's not that expensive."

There are three locations in the area: King Street North in Waterloo, University Avenue in Waterloo and Fairway Road in Kitchener. The average cost of an entree is about \$10.

College life at your fingertips

College media to be more accessible

By Rita Fatila

Conestoga's radio stations and newspaper have some changes in store for students this year — the radio stations will be broadcasting beyond the school and the newspaper will be going online.

With the addition of a small circuit card in the antenna above Door 4, Conestoga radio stations CCMX and CRKZ will be able to broadcast for at least half a mile around the school.

"You'll be able to pick it up on your car radio if you're out in the parking lot, or on your Walkman if you're around the school," says Bob Currie, a broadcasting technician.

The card should be installed before the stations go on the air at the end of September and will let students pick up CCMX or CRKZ on the low end of the FM dial, near 88, although a specific frequency hasn't been picked yet.

Before, students could only listen

to the stations in the lounge, cafeteria or on 70 office speakers around the school.

Other changes at CCMX and CRKZ involve formats and student involvement. The formats of the two stations are usually decided by third-year broadcasting students specializing in radio, but polls were held last year to find out what students at Conestoga wanted to hear.

Dan Fisher, a broadcasting faculty member, says the fate of CRKZ has been decided.

"It's going to be rock," he says.

Fisher says the students also plan to go after more nightclubs, restaurants and organizations to sponsor contests. Conestoga radio contests offer prizes like CDs, dinners, concert tickets and SportsWorld passes.

The stations usually broadcast from the third-floor control rooms, but they also do "remotes," broadcasting from the cafeteria or lounge, about three to five times a

year. This will also change.

"We'll be doing a lot more remotes this year," says Fisher. "This group is a lot more anxious to get out there."

Remotes involve not only playing music from a different location, but also getting students in different programs involved with the station.

Fisher says getting input from all Conestoga students is vital to the radio stations' role as a link between students.

"It's important to think of this as a community and to hear what students think of issues," says Fisher, mentioning funding cutbacks, tuition hikes and alternative delivery teaching methods in particular.

Fisher is clear about what CCMX and CRKZ give Conestoga students.

"We work hand-in-hand with the DSA," says Fisher. "We can reinforce activities in the college and the Kitchener-Waterloo community and let people know about the

world around them.

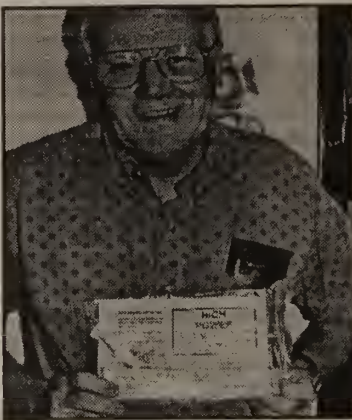
"Both stations will provide news and sports, plus they get locally involved in what's happening at the college."

Once it starts airing in September, students can listen to CCMX or CRKZ every Wednesday, Thursday and Friday from 8:30 a.m. to 12:30 p.m.

Conestoga's newspaper will also see changes in technology. Tim Kylie, former editor of Spoke, and Tony Kobilnyk, former photo editor, designed Spoke Online, a home page for the newspaper, this past summer. Students should be able to see a modified version of the regular newspaper via a link off the Conestoga College home page that appears whenever the Internet is accessed.

"Not all the stories will go online," says Kylie. "We might have an editorial column, a front page story and a photo, and update them every week."

Kylie says he suspects Spoke



Bob Currie, broadcasting technician, holds up the circuit card which will increase the radio stations' range.

(photo by Rita Fatila)

Online might get out to students faster than Spoke.

Still, Kylie doesn't think Spoke Online will take away readers from the paper.

"If you want to read Spoke, you grab it while having coffee in the caf," he says. "We'll have a community that'll spend more time on the Net than the general population but I can't see it taking over."

Exercise invaluable to students

By Rebecca Eby

Physical activity provides invaluable mental, physical and emotional release, says Kelly Nixon, special needs advisor at Conestoga College.

"Even during the time crunch, students should be active," says Nixon, explaining that exercising releases natural chemicals into the body that help it feel good and can help prevent problems ranging from a short temper to depression.

She says as the demands on students increase, they often forget to exercise.

However, "That's the time they should remember the most."

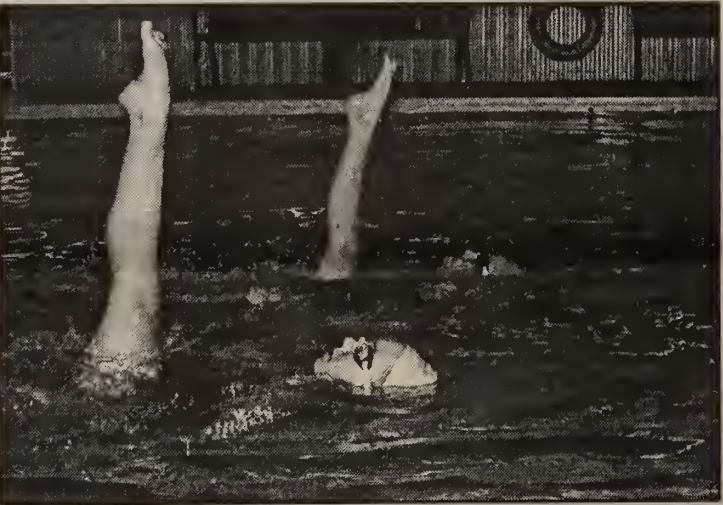
For Conestoga College students, various athletic clubs and physical activities are available in Kitchener-Waterloo.

The K-W Track and Field Association is the region's oldest established club. In partnership with the University of Waterloo, it trains out of the university, the Waterloo Recreation Complex and Centennial Stadium.

The K-W Sertoma Swim Centre is Waterloo's newest aquatic facility, and became home to the K-W Synchronized Swim Club this year. The pool doesn't offer public swimming, but it holds lessons and aquafit classes.

Swimplex, at the Waterloo Recreation Complex, also provides lessons and aquafit classes. Swimplex, the Moses Springer Community Centre and Kitchener's Breithaupt, Cameron Heights, Forest Heights and Lyle S. Hallman pools all provide public swimming.

Plenty of frozen water is available in the area too. Kitchener-Waterloo has nine public arenas,



Brittany Orton of Kitchener and Amy Damen of Waterloo practice synchronized swimming at Waterloo's newest pool, the K-W Sertoma Swim Centre.

(Photo by Rebecca Eby)

plus outdoor rinks at Kitchener City Hall and Victoria Park when weather permits.

Kitchener also offers outdoor activity in the form of 45 tennis courts at 19 locations and, combined with Waterloo, five public golf courses.

For martial arts and self-defence instruction, there are approximately 15 studios/academies in the twin cities. The Asahi Judo Club is Canada's largest Judo club for females and males and is home to national team training.

Phone numbers needed for these locations are in the yellow pages of the telephone book. Each city also has a free leisure guidebook available at city pools and recreation centres which highlights clubs and

facilities.

For information about other clubs and activities, check the phone book or contact city parks and recreation departments.

On campus, the Conestoga College recreation centre is home to a men's soccer team, a women's soccer team, a women's softball team and a men's hockey team.

College intramural athletics include volleyball, slo-pitch, football, hockey and fitness classes.

Ian James, manager of the recreation centre, said any sports activity students want to enjoy is available on campus.

To find out how to get involved, contact the centre at 748-3512.

"It's good activity and good social fun," said James.

Here is an abbreviated list of clubs in Kitchener-Waterloo:

Conestoga Sailing Club	747-1202
Dancefit	745-5276 or 744-6482
K-W Gymnastics Club	743-4970
K-W Rowing Club	742-4079
K-W Synchronized Swim Club	886-8040
K-W Track and Field Association	846-9008
Paddleskills	884-5752
Region of Waterloo Swim Club	885-1310
Waterloo Tennis Club	885-3902

Check the yellow pages in the phone book for more information.

Students can eat healthy despite busy schedules

By L.Scott Nicholson

Faced with enormous OSAP debts, an uncertain job future and a timetable that requires being at school from eight in the morning until five in the afternoon with three hours of homework at night, the furthest thing from most students' minds is nutrition.

Despite the immense pressures, it is important for students to eat properly, because food is human fuel, said Rose Peacock, the nutritionist at the Regional Municipality of Waterloo's nutrition promotion unit.

"Students tend to have busy schedules and they don't have traditional nine-to-five schedules. That can make finding the time to cook and eat very tricky," Peacock said.

The public health nutritionist said although students aren't prone to any particular diseases, those away from home for the first time may lack cooking skills or become bored cooking only for themselves.

She said students' diets are traditionally high in fat and low in fibre.

Peacock advised students to eat something from each of the four food groups into each meal, with particular emphasis on grains, and fruits and vegetables. The other two food groups are dairy products and meats.

Fruits and vegetables contain vitamins A and C, both of which aid in the burning of energy, she said.

"We encourage people to eat more grain products like pastry, breads and cereals. However, some things we think of as grain products can often be high in fat," she said.

Muffins, are a a deceptively fatty grain product.

Another important aspect in a student's diet are dairy products, Peacock said, particularly for young women, who usually do not get enough milk and thus calcium in their diet.

"They need to make a conscious effort to get more milk products in their diet, as it reduces the risk for osteoporosis later in life."

The other necessity in a student's diet is meat or meat alternatives that contain iron, protein and a few B vitamins, she said.

"Students do generally skimp on buying meat because it is relatively more expensive."

She said two to three servings a day of 100 grams of meat (the size of a deck of cards) is enough.

For those who don't eat meat, Peacock recommends fish, eggs, tofu, beans and lentils as a great source of protein.

She suggests trying macaroni and cheese with a can of tuna and mixed frozen vegetables, with a glass of milk on the side, for a cheap but nutritious meal.

"It doesn't have to be complicated to be healthy."



Jennifer Ball, a 1st year, 2nd semester ECE student, on a recent shopping excursion.

(Photo by Scott Nicholson)

College life at your fingertips

Organizations can make a difference in school experience

By Barbara Ateljevic

There are many different ways to get involved at Conestoga and one is to join an organization. There are over 15 around the college and everyone will probably find something they are interested in.

If you are a business student, there are several options. For materials management studies students, there is the Canadian Association of Production and Inventory Control (CAPIC) and the Purchasing Management Association of Canada (PMAC). Any student in the program may join and will receive a reduced membership fee and the right to attend meetings. All members also receive newsletters that contain information about their area of study.

The Canadian Information Processing Society (CIPS), which started at the Guelph campus, is new to Doon campus. This organization is for students taking computer programming or micro-computer software control courses.

"You can get information on what's current in the field in these organizations," says Andy Clow, chair of computer studies, part-

time studies and schools of business and engineering technology. "It's a good source of networking and has the potential to lead to employment," says Clow.

There is also a Conestoga Business Student Association (CBSA). If you're interested in joining any of these organizations, you can go to the business office for more information.

For engineering students, there is the Society of Manufacturing Engineers (SME) and the Institute of Electrical and Electronics Engineers, Inc. (IEEE). In November 1996, SME had 119 members and claimed to be the largest student chapter in North America. Room 2B10/4 has more details about joining.

The IEEE gives you important technical information through affordable special publications, personal contacts, meetings and conferences. Students pay a reduced fee for those as well. For more information, or to join, stop by the McNaughton Centre in Room 2A68 and pick up an application form.

The women's resource group is an organization that any student, male or female, can join.

"The main purpose is to pay

attention to women's issues, to raise awareness, to educate and to collect resources that are specifically related to women," says Joan Magazine, a member of the group and a counsellor at student services.

Members meet every four to six weeks and the meetings are very informal, says Magazine. At meetings, the group will plan activities and discuss any issues that might come up. There are no particular roles, she says, except to be able to function as a group.

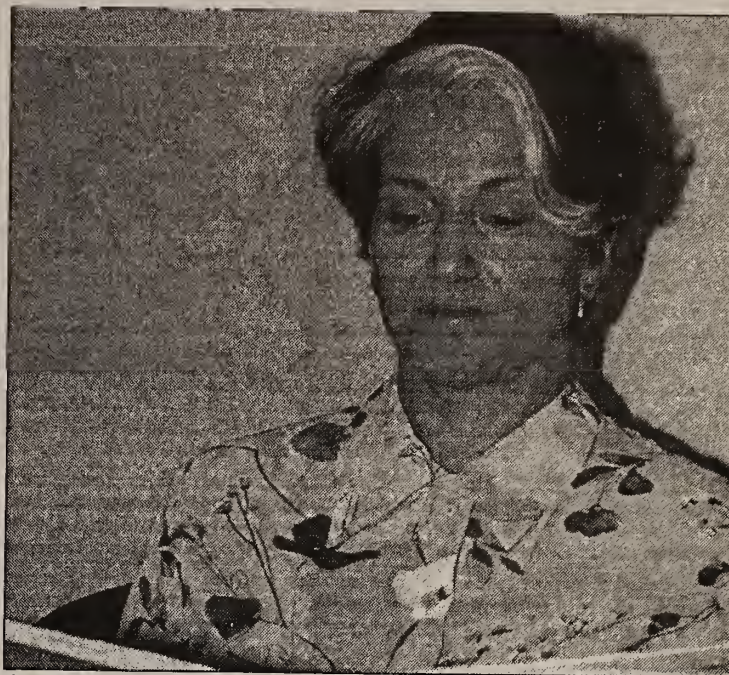
The group hasn't had good turnouts lately, and Magazine says she'd like to see more people involved and knows there are more students interested in women's issues.

"We love to have a good mix of employees and students," she says.

If interested in joining, you can talk to either Magazine or counsellor Barb Kraler at student services.

There is a gay and lesbian group at Conestoga as well. Formed by a student a couple years ago, the group gets together once a month in order for students to meet each other.

"It's a way to create a culture and a social life," Magazine says about the group.



Joan Magazine, is a member of the women's resource committee and a counsellor at student services. (Photo by Barb Ateljevic)

She says it is important for students to know the office is gay positive and is there to offer counselling as well.

If you are interested in joining, more information should be available during orientation week, or you can ask Magazine at student

services.

More information should be available in the fall about other organizations that you may join at Conestoga.

Look for advertisements in Spoke or on posters around the school.

Volunteering can be both rewarding and fulfilling

By L.A. Livingston

Got a little extra time on your hands? Want to change your world a bit? Volunteering can be a rewarding, fulfilling and fun way to spend your time, and there is no shortage of organizations who want an extra hand — or several extra hands — around to help.

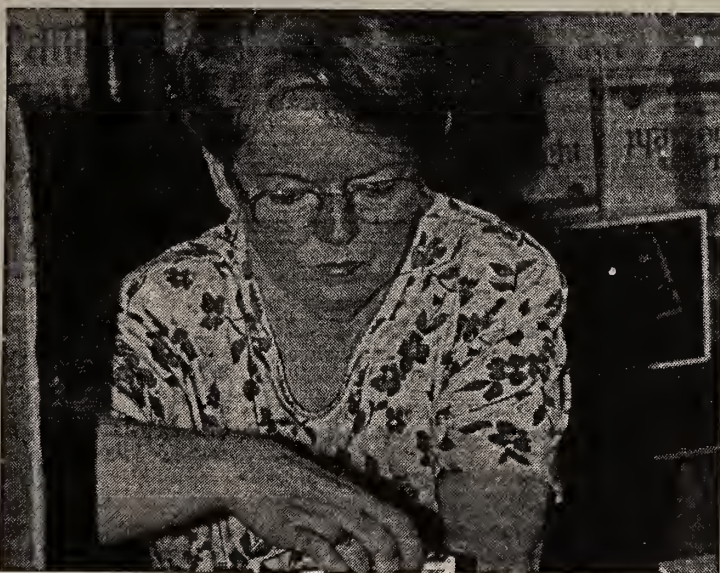
Kitchener-Waterloo is home to food banks, women's crisis centres, places for the homeless, refugee shelters, disaster relief and senior citizen programs. Here are a few places in the area that require short- and long-term volunteers, and who welcome students.

Habitat for Humanity (Waterloo Region)

Habitat for Humanity is a non-profit organization whose goal is to provide housing for people who cannot afford decent shelter. This may involve renovating an older structure or building a new house altogether. Construction is made possible by corporate sponsorship and the help of skilled and unskilled volunteers. The Waterloo chapter is building a three-townhouse complex at the corner of Fairway Road and Grulke Street in Kitchener, starting July 28.

Pat McLean, executive director of the Waterloo chapter, said there are ongoing fundraising events through the year that require volunteers. "We always have things going on, and if we have the opportunity to do a renovation project, we can do those in the winter-time."

Time commitments are up to the volunteer, McLean said. "We're pretty easy to get along with in



Diana Bishop sorts food going out to one of 31 agencies who receive food donations via the food bank distribution centre. (Photo by L.A. Livingston)

terms of whatever they can give."

The regional office offers monthly volunteer orientation sessions, which last about an hour and will start again in September. People interested in volunteering may call the office at 571-9164 to register. The regional headquarters is located at 35 Herbert St. in Waterloo.

Meals on Wheels of K-W

Meals on Wheels is a volunteer-based non-profit organization that provides nutritious, affordable meals that are tailored to the needs of individuals in the community. Clients are charged about \$6 for each meal, but funding from the Ministry of Health and the City of Kitchener supplement the cost of preparing the meals.

Most of the people served by Meals on Wheels are senior citi-

zens, said Mary Bamber, assistant program co-ordinator. "(Volunteers) are working with a vulnerable population, so it is important that they have the best interests of the seniors at heart." While most are seniors, some of the agency's clients have mental or physical challenges, or debilitating illnesses.

She said there are three types of volunteer positions available at Meals on Wheels. Volunteer drivers are needed to take the meals to clients, and may work in driver-runner teams, with the runner delivering the meals from the car to the client.

The second type of volunteer position is in the office, Bamber said. "Depending on what their skill level and capabilities are, they

can do anything from wash our (food) carriers to help us label the meal bags to photocopying, shredding, helping with our frozen meal program, and packing frozen meals for us. There's lots of different duties they do in the office." Bamber said a lot of the volunteers in the office are students looking for office skills.

The board of directors for Meals on Wheels is also run by volunteers. The board is in charge of the program and long-term planning. There is a two-year term for the board, after which the volunteers may move to executive positions. Those on the board are required to leave after eight years.

Most volunteers come once a week for about two hours, Bamber said. "We tell them to allot themselves two hours to be here because most delivery routes are two hours or less. The office volunteers generally come for two hours as well," she said. "The board of directors generally meets once a month for meetings. They're on various committees so we keep them pretty busy."

The Meals on Wheels office is located at 507 Ottawa St. S., in Kitchener. (743-1471).

Food Bank of Waterloo Region

The Food Bank of Waterloo Region services 31 agencies that receive food from the bank for distribution in the community. Some of those agencies run residential programs for people in abusive situations, people in recovery and people in rehabilitation.

Some volunteers at the food bank are doing co-op programs through

their high school, or are filling community service hours, said Shelly-Joe Holmes, volunteer coordinator. "I will work with anybody, whatever skill level they have, as long as they want to be here."

Holmes said she is flexible on the time commitment of her volunteers. "Some people can only give a day of their time, and that's it. Some people can give a day a week, or a day a month, and I'm very flexible on that, as long as while they're here they're enjoying it."

She said she tries to match volunteers to jobs that they enjoy doing and that are at their skill level. Volunteers can sort food, fold bags for inserting into the newspaper, help with fundraising or go to the grocery stores to hand out bags, she said. They can also help with mass mailings, data entry and answering the telephone in the office.

Holmes said she prefers not to have drop-in volunteers because she pre-arranges jobs for volunteers. The office for the food bank is at 350 Shirley St., Kitchener (743-5576).

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CD Reviews

Instinct for Detection might be ignored despite strong talent

By Craig Vallbacka

As electronica edges its way into the music mainstream, it's carrying the dreams of many new young bands with it. One of those newcomers is Lionrock.

Despite their name, Lionrock is everything but traditional rock 'n' roll. Their musical sound depends heavily on the song, and covers everything from ambient (Coil) to trip-hop (Tricky). All the while though, the techno-dance roots of its founding member, DJ Justin Robertson, are evident.

Their CD, *An Instinct for Detection*, is Lionrock's first foray into the North American market. Originally released in the United Kingdom in March of 1996, the recently released domestic version is accompanied by a second CD. It is comprised of seven tracks, of which four are previously released B-side remixes. The second track on the bonus CD, *Packet of Peace*, is remixed by electronica giants the Chemical Brothers, and is likely the result of Lionrock's tour with them in the fall of 1996.

Lionrock has clearly mastered the use of sampling. They incorporate them sparingly, but with precision, in a style similar to that of *Pop Will Eat Itself*. Lionrock has chosen interestingly versed samples to support the musical component of the song,

and not the reverse.

Although *An Instinct for Detection* is generally an electronica album, tracks like *Number Nine* and *Bag of Biros* bear a strong resemblance to the industrial noise created by bands like *Skinny Puppy*, *Chem Lab* and *Download*.

Aside from Robertson (guitar, bass and keyboards), Lionrock is composed of Roger Lyon (arp, bass, keyboards) and MC Buzz B (vocalist).

The singing of MC Buzz B is an added bonus to the sound of Lionrock. His style is close to that of trip-hop spoken word, and flows smoothly within the music of the track, each complementing the other.

The continuity of the CD is surprisingly good, despite the variety of musical styles. This is a testament to talent of both Robertson, who produced the album, and Lyons, who engineered it. Their years as remixers and club disc jockeys are a noticeable asset to the band.

Despite the recognizable talent of Lionrock, it is doubtful that they will gain any attention in the North American music scene with *An Instinct for Detection*. It's a good CD, but it does not have a strong break-through single to put their name in the mainstream.

Maybe the October release of their next album, *City Delirious*, will bring them the attention they deserve.

Ojays' Love You to Tears may bore you to tears

By Corey Jubenville

Talk about longevity, these guys compete with the Rolling Stones and the Who. The Ojays have been around in one form or another since the early 1960s, and this is their 28th album.

Their credits include gold or platinum records for seven years in a row, three Grammy nominations and one American Music Award for best R and B group.

The first time I ever heard the Ojays was on a collection of '70s tunes, featuring the song *Backstabbers*. Since that era, the group has changed styles, going from soul to R and B and funk and, now, back to soul with their latest release, *Love You to Tears*.

A mixture of soul, gospel and funk, many of the songs, like *I Want My Cake*, have a Barry White sound to them. The song opens with a low and slow voice

singing, "Last night, I did everything you wanted, how you wanted it, where you wanted it." *Serious Affair* is another song with a similar opening and feeling.

All of the songs could be considered love songs because of

If there wasn't a pause between You Can Make Me Fall in Love Again and Baby You Know, you might think you were still listening to the same song.

the slow, sensual rhythms and love-inspired lyrics like "Baby, you know we should be together." Many songs have the same feeling to them, if there wasn't a pause between *You Can Make Me Fall in Love Again* and *Baby You Know*, you might think you were still listening to the same song.

This is the biggest problem with the music, it gets repetitive after a while. Only two tracks on the album show some sense of difference. But, overall this wouldn't be a bad album to put on for a long night with that special someone.

Movie review

Conspiracy Theory: The lunatic fringe takes centre stage

By Sarah Smith

The conviction that the government is dangerously deceptive and corrupt is held by certain American radicals, as demonstrated by convicted Oklahoma bomber Timothy McVeigh. This phenomenon is presented in the tense, action-packed movie, *Conspiracy Theory*.

Jerry Fletcher (Mel Gibson), a New York cab driver, is positive that evil schemes are constantly being concocted by the government or other organizations attempting to wreak havoc on an unsuspecting population.

Jerry's living habits demonstrate his ardent paranoia. He approaches his apartment in a different manner each time (such as climbing in through fire escapes) and he locks his coffee and tapioca pudding in canisters in a locked fridge.

From this barricaded dwelling, Jerry faithfully puts out a newsletter called *Conspiracy Theory*, outlining his latest far-fetched speculation.

Jerry's other passion concerns Alice Sutton (Julia Roberts), an attorney with the justice department. Alice, a hard-working, no-nonsense woman, is herself obsessed with the mystery of her

father's recent death.

Jerry approaches Alice several times, attempting to convince her of the truth of his conspiracy theories. One day, his newsletter strikes a chord, and Jerry finds himself being tortured by unknown enemies determined to silence his words.

Only then does Alice allow her-

From his barricaded dwelling, Jerry faithfully puts out a newsletter called *Conspiracy Theory*, outlining his latest far-fetched speculation.

self to be convinced of Jerry's conspiracy theory, joining him in the search for the truth.

Also featured in the film is Dr. Jonas (Patrick Stewart), a government psychiatrist determined to reveal and then destroy the intricacies of Jerry's mind.

Reminiscent of the *Manchurian Candidate*, with Dustin Hoffman and Laurence Olivier, *Conspiracy Theory*'s plot takes several twists along the way. The pace is well-

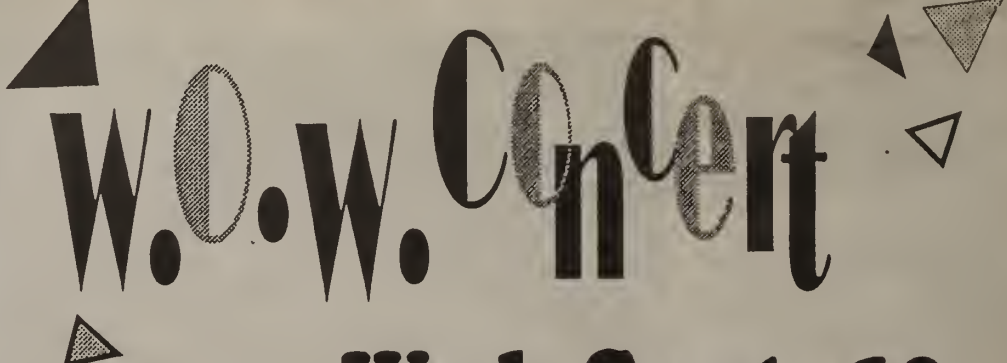
balanced, with a good mix of character development and nail-biting tension.

Subtle humor is another strong feature of *Conspiracy Theory*. Jerry is constantly mumbling witty gems, while Alice's reactions to her escalating dilemma are also amusing.

Producer and director Richard Donner has worked with Gibson on all three *Lethal Weapon* movies, along with *Maverick*, and the duo seem to work well together. Donner's visual style is dramatic in its clever angles, colors and moody atmosphere, while Gibson seems relaxed and confident in his challenging role as a man bordering on lunacy. Roberts is also effective, though for the most part Alice's level-headed persona is overshadowed by the eccentric Jerry. *Star Trek*'s Stewart demonstrates his considerable talent as the dark, manipulative psychiatrist.

Despite the absurdity of Jerry's many theories, this movie is effective in prompting the viewer to consider the potential subcultures lurking underground, vying for societal control or destruction.

A dark, tense thriller, *Conspiracy Theory* is recommended for Gibson or Roberts fans, or for those who enjoy a good mystery.




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